PHARMACOPŒA

BELGICA

1659

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PHARMACOPOEIAS, Amsterdam
C

Pharmacopœa Belgica;

Or, the DUTCH

DISPENSATORY,

Reviſed and Confirmed by the *Colledge* of *Phyſitians* at *AMSTERDAM.*

Wherein is deſcribed,

I. *The Vertues, Qualities, and Properties of every Simple.*

II. *The Vertues and Uſe of Compounds.*

III. *Directions and Cautions in giving all* MEDICINES.

Whereunto is added, the Compleat

HERBALIST:

Being a Phyſicall Diſcourſe of all common HERBS and FRUITS, ſhewing their *Natures*, *Vertues*, and *Qualities*, as they are frequently uſed in *Medicines*; Together with many excellent Receipts, whereby every One (by Gods help) may preſerve himſelf.

Rendred into Engliſh *for the benefit of our Nation.*

LONDON,
Printed by *E. C.* for *Edw. Farnham*, in *Popes-head* Alley, and *Robert Horn*, at the *Turks head* in *Cornhill*, 1659.

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WELLCOME
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To the
RIGHT HONOURABLE
THE
Lord Marqueſs
OF
DORCHESTER,
EARL of *KINGSTONE*,
Vicount *Newark*, &c.

Right Honourable,

YOur former Goodneſs *hath Obliged me to all future* Duty; *And therefore for me to make my Addreſs with this ſmall* Parmacopœa, *and*

Herbalist, *after that great Volume of* Gesner *and* Mouffet *I presented you with, may seem to lessen my* Respect, *but that I know, whoever brought a paire of* Turtle Doves *with true* Devotion, *was as well accepted, as he that Sacrificed a* Yoke *of* Oxen.

I Dedicate this Enchiridion *to your Lordship, because it handleth that Subject you owne in speciall, having so lately honoured the* Colledge *of* Physitians *with your Society; seeking thereby an occasion of doing more good to distressed Men. And I hope that being but*

but little, it will be the more Welcome, *for it will not wast much of your pretious time, if you please to take notice of the* Method *used by the* Low-Countries. *I have set downe the Quantities of many* Medicaments, *because the* Stationers *would have it so, as both suiting with the Peoples* Palate *who desire it; And I think they have great reason for it, since that* Empiricks *with whom the Nation now swarms, do ordinarily observe no* Quantities, Ages, Sex, *or* Temperaments; *yet were* Hippocrates *and* Galen *now living, they would*

would bee little esteemed amongst the Vulgar, *in comparison of these men. He that can but Build a* Furnace *with a few* Bricks, *and blow the* Coals, *and set a* Still *going, will make the People believe, that* Paracelsus, *and* Van-Helmont *might learn* Chymistry *of him. Our common* Astrologers, *who know not much more how to Erect a* Scheme, *or to find the* Horoscope, *then what they can learn out of an ordinary* Ephemerides, *are preferred before* Ptolomy, Alphonsus, Copernicus, *or* Ticho Brache; *and* Thales Milesius *in these dayes,*

dayes, might run a begging with his ῥάδιον ἐστὶ τοῖς Φιλοσόφοις πλουτεῖν ἐαν θελῶσι. *Men are growne ſuch* Scepticks *in Divinty, and in Arts* Scioliſts, *that* Pans *Oaten* Pipe *is more admired, then* Apollo's Lute, *whilſt that* Pigmies *walk upon* Stiles *to amaze the* Multitude, *and are Arrayed in the Habits of* Giants.

I have much more to ſay, but that a long Preface *will not become a ſhort* Book. Sufficet exiguo ſtrigilatio curta caballo. *I muſt crave your Lordſhips* Pardon, *if the ſenſe of my* Duty *hath carried me beyond my*

bounds

bounds already, and onely beg leave to write my Self, as I am,

Your Honours most

bounden Servant,

to be alwaies at

your Command,

John Rouland.

THE

THE DISPENSATORY OF *AMSTERDAM.*

SECT. I.

Of simple Medicaments to be kept in the Apothecaries Shop.

ROOTS.

Acorus, or sweet *Calamus* of the Shops; it is hot and dry in the second degree, and good for dim Eyes.

Alcanna, it is cold in the first, dry in the begining of the second degree, binding and healing, and brought in Powder from beyond Seas.

Althæa, Marsh-mallows, the Roots are hot and moist in the second degree, good for Colds and Ruptures.

Angelica, is hot and dry in the third degree, good against the Plague and all Poyson.

Apium, Smallage, there are many kinds of it, it is hot in the first, dry in the second degree, it cleanseth and ripeneth.

Arum, Cuckowpint. the Root is hot and dry in the second, with detersion.

Aristolochia, Birthwort, long, round, and small, are hot and dry in the second degree, detergent and incarnating.

Asarum, *Asarabacca*, hot and dry in the third degree, good for Dropsies.

Asparagus, Sparagus, hath and abstergent quality, without manifest heat or cold.

Bardana, or the greater Burdock, is temperate in heat and driness, good against Bruises.

Bistorta, or Snakeweed, cools and binds exceedingly.

Bryonia, or Bryony, hot and dry in the second degree, detergent and ripening.

Carlina, the white Thistle, hot in the second, dry in the third degree.

Caryophyllata, Avens, Herb Bennet, hot and dry in the second degree, good against Bruises.

Cava, Hollow-root, is hot in the first degree, and dry in the second.

China, Good for Consumptions, and the French Pox, is hot and dry.

Consolida major, great Comfery, is hot and dry, and healing.

Contrayerva,

Contrayerva, hot and dry, excellent against Venome.

Costus uterq; both costus, sweet and bitter, hot and dry, detergent and resolving.

Cucumer Asininus, wild Cucumber, hot and dry in the second degree.

Curcuma, Tarmerick, hot and dry, good against the yellow Jaundice.

Cyclaminus, Sowbread, hot and dry in the third, discutient.

Cynoglossum, Hounds-tongue, cold and dry, good against Distillation and Rheums.

Cyperus, English Galinga, long and round, is hot and dry, consolidating, good for the Dropsie.

Doronicum Romanum, hot and dry, a great Antidote against Poyson.

Ebulus, dwarf Elder, good for the Dropsie, hot and dry in the second degree.

Eringium, Eringes, moderate in heat, but very dry, good against the Stone.

Esula utraq; Spurges great and small, hot and dry in the third, purging Flegm and Melancholy.

Filix, Fern, Male and Female; both are hot and dry, good against Worms.

Fœniculum, Fennell, hot in the third, dry in the second, good for dim Eyes.

Fraxinella, seu dictamnus albus, white Dittany, hot and dry, provokes the Terms.

Galanga, Galanga, both sorts are hot and dry, strengthning the parts.

Gentiana, Gentian, hot and dry, detergent.

Glycyrriza, Licoris, temperately hot and moist, good for the Breast and Lungs.

Gramen, Couch-grass, cold and dry, opening.

Helenium, Elecampane, hot and dry about the second degree, comforting and resolving.

Helleborus, Hellebore, white and black, are hot and dry in the third degree, both violent purgatives, the white purgeth Flegm by Vomit, the black Melancholy by siege.

Hermodactyli, Hermodactills, hot and dry in the second, are detergent and corroding.

Jalappa, Jalap, hot and dry, a great purgeth of watry humours.

Imperatoria, Masterwort, hot and dry in the third degree, good to make one sweat, against the cold fits of Agues.

Iris Florentina, Orris of Florence, hot and dry, resolves, mundifies, incarnates, the juyce of it purgeth water.

Levisticum, Lovage, hot and dry, good against cold and wind.

Mandragara, Mandrake, cold in the fourth degree, and very dangerous to be used, being stupefactive.

Mechoacan, is moderately hot and dry, it purgeth Flegm principally, and is very safe.

Meu, Meu, Spignell, hot and dry, a good diuretick, and provokes the Terms.

Nymphæa, white water Lillies, cold and moist in the second degree, tempers heat, and makes a man sleep.

Ononis, Rest-harrow, hot and dry, good against the Stone, and often taken consumes *Hernia carosa*.

Osmunda

Osmunda regalis, Osmund royall, water fern, is good to make one Urine, and Heals Bruises, and Bones out of joynt.

Pæonia, Piony, Male and Female, hot and dry good against the Falling-sickness.

Pentaphyllon, Cinckfoil, drying without pain, good against Agues, Fluxes, and helps sore Mouths.

Petasites, Butter-bur, it provokes sweat abundantly, and is good against eating Ulcers.

Petroselinum, Parsley, hot and dry, makes one to Urine well, and is good against pains in the Reins and Bladder.

Peucedamus, Dog-fennell, hot in the second, dry in the third degree, good against Lethargy's, Frensies, Vertigo's, and the Falling-sickness.

Phu, seu *Valeriana*, Valerian, Setwall, hot and dry in the second degree, it is weaker then Spikenard, good to cause the Terms, and to be put in Antidotes against Poysons.

Pimpinella, Barnet, hot and dry in the second degree, cheers the Heart, and heals Wounds.

Polypodium quercinum, Polypod of the Oak, is very drying, and purgeth Choler, Flegm very gently.

Pyrethrum, Pellitory of *Spain*, hot and dry in the third degree, draws Rheum, and cures the Toothach.

Raphanus, Radish, is hot and dry, and very diuretick, but the horse Radish provokes Urine more then the Garden Radish.

Rhabarbarum, Rheubarb, hot and dry, it purgeth Choler gently, and strengthens the Liver mightily.

Rhaponticum, Rheubarb of *Pontus*, is not ſo purgative as Rhewbarb, purgeth a little, but binds more, is good againſt Fluxes.

Rubia Tinctorum, Madder, it dryeth, bindeth, and openeth withall, it is good againſt Bruiſes and the yellow Jaundice.

Ruſcas, Butchers-brome, hot and dry, provokes Urine much.

Saxifragia, Saxifrage, hot and dry, good againſt Agues, the Stone and Strangury.

Scorzonera, Vipers-graſs, the Spaniſh is beſt, a great Antidote againſt Poyſon, and rejoyceth the Heart.

Scilla, Sea Onion, Squil; very hot and dry, if it be rightly prepared, it is uſefull for many things, it ſoftneth and cuts Flegm exceedingly.

Spicanardus, *Celtica*, *Indica*, Celtic and Indian Spikenard, hot in the firſt degree, dry in the ſecond, provoke Urine, and are a good Cordiall.

Tormentilla, Tormentill, hot and dry, very binding, and good for Ulcers.

Turbith, Turbeth, hot in the third degree, purging Flegm, it muſt be corrected with Ginger.

Tuſſilago, Coltsfoot, good againſt a Cold, and ſtoppings in the Stomach.

Vincetoxicum, Swallow-wort, hot and dry, good againſt Poyſon, and the bitings of Venomous Beaſts.

Zarzaparilla, hot and dry, provoking Sweat, good againſt the French Pox.

Zedoaria,

Zedoaria, Zedoary, hot and dry in the seeond degree, good againſt all peſtilentiall Diſeaſes.

Zinziber, Ginger, hot and dry in the third degree, warms the Stomach, and expells wind, the green Ginger candied is very good for this purpoſe.

To theſe muſhroms and fungous Subſtances are added.

Agaricus, Agarick, hot and dry, purging Flegm.

Auriculæ Judææ, Jews Ears, good in *Gargariſmes* for ſore Throats.

Orbicularis, Pucfiſts, good for Kibed Heels.

Shells and Barks.

Arantiorum, of Oranges, hot and dry, Cordiall and provoke the Terms.

Caſſia lignia, hot and dry, provokes the Terms.

Cinnamomum, Cinnamon, hot and dry in the third degree, is Aromatick, and Cordiall.

Citriorum, Citron Pills, are hot and dry, good Cordialls.

Caſtanearum Interiores, the inward Pills of Cheſtnuts, are very drying and binding.

Fraxini, of the Aſh Tree, a great diuretick.

Glandium calices, Acorn Cups, drying and binding.

Granatorum, Pomgranate Pills, dry and bind very much.

Ligni Guajaci, Bark of Guaicum, hot and dry, good in Diet Drinks for the French Pox.

Macis, Mace, hot and dry a good diuretick, and very Cordiall.

Quercus, Bark of the Oak, very drying.

Radicum capparum, Bark of Caper Roots, good for the Spleen.

Tamarisci, of the Tamarisk Tree, good for the Spleen, these two are commonly used together for the same purpose.

Woods.

Lignum, Aloes, hot and dry in the second degree, is Aromatick, and comforts the Brain.

Aspalathum, hot and dry with afriction, it is good for Ulcers in the mouth, and stops Fluxes.

Guaicum, Pochwood, hot and dry, good for Diet Drinks for the Pox.

Moluccense, seu *Panava*, Molucca wood, seldom in use.

Nephriticum, hot and dry, good for the Stone in the Kidneys.

Rhodium,

Rhodium, Rosewood, a very sweet Oyle is distilled from it that comforts the Head.

Santalum, album,
Citrinum,
Rubrum;

Sanders, white, yellow, and red, they are all cooling and drying, very Cordiall, and stop Fluxes.

Sassafras, hot and dry, good for Dyet Drinks.
Visci quercini, Misseltoe of the Oak, good against the Epilepsie.

Leaves and Herbs.

Abrotanimus. Male Southernwood, is hot and dry in the second degree, and binding, good against Alopecia.

Absinthium vulgare, common Wormwood, or with broad leaves.

Romanum, Roman Wormwood are with small leaves, hot in the first degree, dry in the second, purge Choler, and strengthen the Liver.

Adiantum album, white Maiden-hair, *nigrum* black, temperate and drying, good for the Lungs.

Agrimonia, Egrymony, hot and dry, good for the Liver.

Alchimilla, Lions-foot, exceeding binding, and good for Wounds.

Althæa,

Althæa, Marſh Mallows, moderately hot and dry, diſcuſſing and ſoftning.

Anethi, ſummitates, Tops of Dill, hot and dry, eaſeth pain.

Artemiſia, Mugwort, hot and moderatly drying, good to provoke the Terms.

Betonica, Betony, hot and dry in the third degree, it cleanſeth, and is good for the wounds of the Head.

Botrys, Oak of *Jeruſalem*, hot and dry, good for thoſe that are ſhort winded, and for Colds.

Burſa paſtoris, Shepheards Purſe, cold and dry a good vulnerary Plant.

Calamintha, Calamint, hot and dry in the third degree, provokes the Terms.

Capillus veneris, Maiden-hair, temperate and ſomething drying, good in Conſumptions.

Carduus benedictus, Bleſſed Thiſtle, moderatly hot, good for Agues, and provoking Sweat.

Cauda equina, Horſtail, cold in the firſt, and dry in the ſecond degree, aſtringent and healing.

Centaurii minoris ſummitates, the Tops of the leſſer Centory, hot and dry in the third degree, good for obſtructions of the Liver.

Chamedrys, Germander, hot and dry in the third degree, provokes the Terms.

Chamæpitys, ground Pine, hot and dry in the ſecond degree, good againſt the Sciatica.

Cuſcuta, cum Floribus, Dodder, with its Flowers, hot in the firſt, dry in the ſecond degree, good for Agues, opens Obructions.

Dictamnus Creticus, Dittany of Crete, hot and dry

dry, good against Wounds, and bitings of venemous Creatures.

Epithymum, Epithyme, something hotter then Dodder, gently purgeth Melancholy.

Erysimum, Hedge Mustard, hot and dry, good to expectorat Flegm.

Eupatorium aquaticum, seu *Cannabinum*, Water Agrimony, hot and dry, good against the yellow Jaundice, and *Cachexia*, or an ill habit of the body.

Euphragia cum floribus, Eybright with its flowers, hot and dry, good for the sight.

Fumaria, Fumitary, cold in the first, dry in the second degree, cleanseth by Urine, cures the Itch and Melancholy.

Gallitricum, seu *Scarlea*, Clary, hot and dry, incarnative, it purgeth the Matrix principally.

Hyperici summitates, Tops of St. Johns Wort, hot and dry, heal, incarnate and consolidate.

Hyssopus, Hyssop, hot and dry in the third degree, proper for Ulcers of the Lungs.

Laurus, Bays, hot and dry; the decoction of them is good for Women to sit over for pains in the Mattix.

Lupulus, Hops, hot and dry, purgeth and cleanseth the Blood.

Majorana, Marjorum, hot and dry in the third degree, comforts and corroborates.

Malva, Mallows, temperate and moist, loosneth the belly, cures the stinging of Bees and Wasps.

Marrubium

Marrubium, ſeu *Praſium*, hot in the ſecond degree, dry in the third, good for Colds.

Matricaria, Fetherfew, hot in the third degree, dry in the ſecond, good for ſwiming in the Head.

Meliſſa, Balm, hot and dry in the ſecond degree, cheers the Heart and Spirits.

Menthaſtrum, Horſmints, ſeldome uſed.

Mentha ſativa, Mints of the Garden, *Aquatica*, Water-Mints.

Garden Mints are hot and dry, ſtay Vomiting, and are good for the Stomach.

Mercurialis, Mercury, hot and dry, good for Clyſters.

Muſcus quercinus, Moſs of the Oake, hot and dry, conſolidating.

Myrtus, Myrtle, cold, drying, and binding, good for Fluxes.

Nepeta, Nip, hot and dry, procures Womens Courſes.

Nicotiana, Tobacco, hot and dry, cures moſt cold Diſeaſes.

Origanum Creticum, wild Marjoram of *Crete*, *Vulgare*, and common wild Marjoram, hot and dry, provokes the Terms, helps Coughs and Conſumptions.

Parietaria, Pellitary of the Wall, cold and moiſt, good againſt hot Inflamations, and the Stone.

Perſicaria, Arſmart, hot and dry, conſumes cold ſwellings, there is another Arſmart that is of a colder quality.

Phyllitis,

Phyllitis, seu *Lingua cervina*, Harts Tongue, drying and binding, stops all Fluxes.

Pilosella, Mousear, hot and dry, excellent for Coughs and Consumptions of the Lungs.

Pimpinella, Barnet, hot and dry, cheers the Heart in a Cup of Wine.

Polium montanum, Polymountain, hot and dry, helps Dropsies, provokes Urine.

Polyganum, Knot-grass, cold and binding, stops Fluxes.

Polytricum, seu *Trichomanes*, another Maiden Haire, temperate in heat and cold, good for short Breath, and breaks the Stone.

Pulegium, Penniroyall, hot and dry in the third degree, cleanseth the Lungs of Flegm, provokes the Courses.

Pulmonaria, Lungwort, dryeth, and bindeth, is good for the Lungs.

Pyrola, Wintergreen, cold and dry, stops Fluxes.

Quercus, the Oake, very astringent, and good to stay Fluxes.

Ribesia nigra, black Garden Currance, they cool and bind.

Rorismarinus, Rosemary, hot and dry in the third degree, good gainst cold defluxions from the Head.

Ruta, Rue, hot and dry in the third degree, good against the Plague.

Ruta muraria, seu *Salvia vitæ*, Wall Rue, temperate, another sort of Mainden-hair, or Capillary Herb.

Sabina,

Sabina, Savin, hot and dry in the third degree, the Powder of it will consume Warts on the Privities.

Salvia, Sage, hot and dry, good against Venome, and stops the Terms when they run too much.

Sanicula, Sanicle, heats and dries, is good against blood-spitting, and is put in vulnerary Drinks.

Satureja, Savary, hot and dry, helps concoction, and is good against loathing of Meat.

Scabiosa, Scabious, hot and dry in the second degree, good for the Lungs.

Scolopendrium, or *Ceterach*, Spleen-wort, temperate, excellent good against Melancholy.

Scordium, Water Germander, hot and dry, good against the Plague.

Senna, hot in the second, dry in the first degree, purgeth Choler, Flegm, and Melancholy,

Serpillum, Mother of Thyme, hot and dry in the third degree, provokes the Terms.

Soldanella, Sea Coleworts, hot and dry, purging water, and is good for the Dropsie.

Solidago Saracenica., Saracens Consound, a very good vulnerary Herb.

Thymum cum floribus, Thyme with the flowers, hot and dry in the third degree, provokes the Terms.

Tussilago, Coltsfoot, cold and dry, excellent for Coughs.

Verbascum, Mallus, drying and cleansing, good for the Piles.

Verbena

Verbena, Vervain, hot and dry, good for the Headach, and for sore Eyes.

Veronica, Pauls Betony, hot and dry, good against the Pox and the Leprosie.

Violaria, Violets, are cold and moist in the first degree, good against hot Causes, used outwardly or inwardly.

Virga aurea, Golden Rod, is hot and dry in the second, excellent against the Stone and Gravell.

Flowers.

Balaustia, Flowers of the wild Pomgranate, are cold and dry, good to stop Fluxes.

Betonicæ, see the Herb.

Boragii, the Flowers are Cordiall.

Buglossæ, as the former.

Calendalæ, the Flowers are excellent in Pestilentiall times.

Caryophylleus, Clove Gilly flowers, the Conserve or Syrup comforts the Heart mightily.

Chamæmeli Romani, vulgaris, Roman, or the ordinary Chamomel Flowers, are good against wind, and ease pain, they are hot and dry in the first degree.

Cheiri, Wall Flowers, are hot and dry, provoke the Terms.

Crocus, Saffron, hot in the second degree, dry in the first, a great Cordiall taken in a small quantity, but much kills the Patient.

Cyanus

Cyanus, blew Bottles very cooling.

Lavendulæ, Lavender Flowers, hot and dry, good againſt cold Diſeaſes, as Apoplexies, Palſies.

Malvæ arboreæ, Garden Mallows, holihocks, good in Clyſters.

Melilоti, Melilot Flowers, good to make Melilot Butter amongſt many other uſes, very wholſome for the Lungs, Reins, and Bladder.

Nymphææ albæ, of white water Lillies very cooling in Conſerves or Syrups.

Pæoniæ, of Piony, good againſt the Epileſſie.

Papaveris erratici, of Corn Poppie, the diſtilled Water is very cool, and is excellent againſt Surfets.

Roriſmarini, of Roſemary, Roſemary Flowers, excellent for the Head in cold Cauſes.

Roſarum rubrarum, of red Roſes, are very cooling and binding, and Cordiall.

Salviæ, of Sage, the Conſerve of the Flowers is good for Women with Child, being aſtringent and ſtrengthning.

Sambaci of Elder Flowers, the Vinegar made with them is very Cordiall, and makes a good Stomach to ones Meat, provokes Urine, helps Dropſies.

Scœnanthum, Camels Hair, hot and dry, and are aſtringent, good againſt the Stones moving Urine and the Terms.

Stœcades, a kind of Lavender comes uſually out of *France*, and though the Shops call it *Arabian*

bian stœchas, yet *Fuchsius* saith it is brought from about *Marseilles*, it is good for the head in cold Causes.

Tiliæ, or the Teil Tree, it is hot and good for the Falling-sickness, abundantly used in the Low-Countries, where there is great plenty of it.

Verbasci, or Mullens, good to cure hoarseness and broken wind, and boyld in Milk, are good for the Emrods.

Violarum, of Violets, good to make Syrups and Conserves to cool the body, and moisten it in hot and dry Causes.

Seeds.

Acetosæ, of Sorrell, the Leaves are cold and dry in the second degree, and the Seed in the first degree, the Seed is good against the running of the Reins.

Agni casti, of Agnus Castus, hot and dry, break wind, and keep people chast.

Althææ, of Marsh Mallows, see the herb.

Ammios, of Bishops Weed, is one of the four smaller hot Seeds, is of thin parts, drying, moving Urine and the Terms.

Amomi, this is another of the four smaller hot Seeds, and is good for the stopping of the liver in cold Causes.

Anethi, of Dill, see the Herb.

Anisi, of Annis, hot and dry, good against wind, and to correct windy Medicaments, one of the four greater hot seeds.

Rasarum, or *Anthera*, Seeds of Roses very astringent.

Apii, of Smallage, another of the four smaller hot Seeds, dispells wind, moves Urine and the Terms.

Aquilegiæ, of Columbines, moderatly hot and digesting.

Asparagi, of Sparagus, good against Worms.

Atriplicis, of Atriplex or Graye, the Herb is moist in the second, cold in the first degree, but the Seed is abstergent and good against scrofulous tumours.

Bardani, of the great Dock, good against the Stone, and the Sciatica.

Berberorum, of Barberies, binding and drying; some are of opinion it is cold and dry, good to stop Fluxes.

Bombacis, of Coffeu, hot and moist, good for Colds in the Chest.

Cannabis, of Hemp, hot and dry, dangerous as Coriander Seed, eaten too much, it extinguisheth wind, and destroys naturall vigor.

Cardamomum majus, great Cardamomum, hot and dry, good to provoke Sweat, and against cold Diseases, as the falling Sickness and Palsies.

Carduus benedictus, see the Herb, the Seeds drank with Pepper in Powder, are good against the bitings of Serpents.

Carei,

Carei, of Caraways, hot and dry in the third degree, provoke Urine, help Concoction, the Comfits are excellent for this use, and are one of the greater hot Seeds.

Cicer rubrum, red Ciche Peason, hot and dry, very windy, provoking the Terms.

Citri of Citrons, hot and dry, good against Worms and Venome.

Citrulli, of Citrul-Cucumbers, they are of the four greater cold Seeds, good in Diuretick's, and Amond-milk to move Urine, and to make the parts slippery.

Cnici, or *Carthami*, of bastard Saffron, good to expectorate and purge Flegm if a quantity be taken.

Coriandri, of Coriander, the Seed must be prepared with Vinegar before it can be safely used internally, and then the Comfits are good against Wind and the Gout.

Cubebe, Cubebs chew'd in the mouth draw much Rheum.

Cucumeris, of Cucumbers, good to make one Urine well, and are proper against Exulcerations of the Bladder, and are of the four greater cold Seeds.

Cucurbitæ, of Gourds, another of the four great cold seeds, of the same vertue with the former.

Cumini, of Cummin; These must be steept in Vinegar before they be used inwardly, and are of the four greater hot Seeds.

Cydoneorum, of Quinces, a Mucilage made of this Seed in Rosewater, is very cooling and healing.

Dactylorum ossa, Date stones in powder are good against the Stone, and for Women in Childbed.

Dauci Cretici, wild Carrot seed of *Crete*, drunk it heats, and brings down the Terms, and Urine, the common *Daucus* is of the same nature.

Endiviæ, of Endive, cold and dry, good against Feavers proceeding of Choler.

Erucæ, of Roccet, hot and dry, it moves Urine, helps Concoction.

Fœniculi dulcis, vulgaris, sweet and commom Fennell seed, breaks wind, moves Urine and thee Terms.

Fœnugræci, of Fenugreec, hot and dry, it enrageth hot Inflamations, but it cures and digests those that are hard and not very hot.

Fumariæ, of Fumitary, see the herb.

Genistæ, of Broom, hot and dry, a dram and half of the seed purgeth like Hellebour, upwards and downwards,

Grana Paradisi, Grains of Paradice, good to cause sweat in Agues.

Hordeum, integrum, whole Barley. } cold and dry.
Mundatum, French Barly. }
Good to make Ptisans for the Breast, and outwardly for Cataplasms.

Hyosciami albi, of white Henbane, the other Henbanes are dangerous, but this is good in Opiats to make one sleep.

Hyperici, of St. Johns-wort, hot and dry, drunk forty daies it cures the Sciatica.

Lactucæ,

Lactucæ, of Lettice, cold and moist, drunk for a continuance of time cures nocturnall polutions.

Levistici, of Levage, hot and dry in the third degree, it is good against the Dropsie, moves Urine and the Terms.

Lini, Linseed, hot in the first degree, and moderatly moistning, good against a Cough, and outwardly to discuss hard tumours,

Lupini, of Lupins, hot and dry, mingled with Honey for a Lohoch, it kills Worms.

Malvæ, of Mallows, see the herb.

Melonum, of Melons, another of the foure great cold Seeds, moves Urine, and is good in Emulsions.

Milii solis vulgaris, Grommel seed, is hot and dry, expels the Stone, but common Millet, is good for Cataplasmes, and to ease pain.

Napi, of Navews, good in Antidotes against Poyson.

Nasturtii, of Cresses, hot and dry in the fourth degree, and of a burning quality, kils the Child in the Womb.

Nigellæ, of Gith, hot and dry in the third degree, discusseth wind, kills Worms; much is dangerous to be taken.

Nuclei ceraſorum, Kernels of Cherries. } are good against
Persicorum, of Peaches, } Worms.

Pinei, Pine Kernells, are good for Cough and to purge the Chest of tough Flegm.

Ocimi, of Basil, hot and moist, causeth Lust, bruised and snuft up into the Nostrils, makes one sneeze.

Oleris atri, Alizanders hot and dry, the Seed drunk with sweet Wine, moves Urine and the Terms.

Orobi, of Orobus, a kind of Pulse like to Vetches, hot in the first, dry in the second degree, provokes Urine and the Terms.

Pæoniæ, or Piony, is hot and of thin parts, fifteen of the red Seeds stop the reds, and so many of the black Seeds cure the Night Mare.

Papaveris albi, nigri, of white and black Poppy, the white Seeds are good in Emulsions, but the black are colder and more dangerous.

Petroselini Macedonici, vulgaris, Parsley of Macedonia, and common Parsley, the Seed breaks wind and drives forth the Stone, being hot and dry.

Plantaginis, of Plantan, cold and dry, stop Fluxes.

Portulacæ, of Purslan, cold and moist, good against the Gonorrhœa.

Psyllii, of Fleabane, cold in the second degree, and in the mean between moistning and drying, the Mucilage is good in hot Causes.

Raphani, of Radish, hot in the third, dry in the second degree, moves Vomit, and provokes Urine.

Ruscі, of Kneeholme, are hot and dry, move Urine forcibly, and are good against the Stone.

Rutæ,

Ruti, of Rue, hot and dry in the third degree, of thin parts, cutting Flegm, causeth Urine, good against Poyson and ill Aires.

Sambuci, of Elder, hot and dry good against the Dropsie.

Santonici, Wormseed, hot and dry, good against the Worms, it is the Seed of a kind of Wormwood, brought from *Santone*. *Fuchsius*.

Saxifragiæ, of Saxifrage, hot and dry, breaks the Stone.

Scariolæ, Garden Endive, cold and dry, good against Fluxes.

Seselios Massilienſis, *Seseli* of Marseilles, or broad Cummin, hot and dry in the second degree, of thin parts, moves Urine, is good for short breath, and the Falling-sickness.

Sileris Montani, Siler Montan, in vertue like the former.

Sinapi, Mustard-seed, hot and dry in the fourth degree, good in cold Causes.

Sophiæ, of Flixwood, drying without any aparent heat, good to stop Fluxes.

Staphidis agriæ, of Staves Acre, hot and dry in the fourth degree, kills Lice, fifteen Grains in Hydromel will give a strong Vomit, but he must walk and still drink Honey and Water that takes it, that he be not choked.

Sumach, cold in the second, dry in the third degree, in Fluxes very binding, is also good for Dyers to dye Blacks.

Thlaspios, of Country Mustard hot and dry in the fourth degree, purging Choler upwards and downwards, and breaking inward Impostumes by its Acrimony.

Urticæ, of Nettles, hot and dry of thin parts, the Seed is windy, taken in Hydromel causeth Vomit.

Fruits.

Alkakengi, or *Halacacabi*, Winter Cherries, red Berries that grow upon one kind of Nightshade, cold and astringent, they provoke Urine exceedingly.

Amygdalæ dulces, sweet Almonds, hot and moist in the First degree, very nourishing, and are good in Emulsions.

Amaræ, bitter Almonds, are hot and dry in the second degree, very diuretick, the Oyl of them is good for Ulcers in the Ears.

Anacardi, called *pediculus Elephantis*, like to a Birds heart, the Liquor of it is hot and dry in the fourth degree, and corroding.

Baccæ hederæ, Ivy Berries good against the Plague, but dangerous taken in any great quantity.

Juneperi, of Juniper, hot and dry, purge the Reins and the Liver, are good in Antidotes against Poyson.

Lauri, Bay Berries, hot and dry, good against the wind Colick.

Mezerei, of Widdow-wail, not to be taken but well prepared, and dispensed with much discretion,

discretion, it is so dangerous.

Myrti, Myrtle Berries, cold and drying, good against Fluxes and spitting of blood.

Sambuci, Elder Berries, purge water, good for Dropsies.

Capita papaveris, Poppie-heads, they cool exceedingly,, good for Syrups against hot Defluxions, and to provoke sleep.

Carpobalsamum, the Fruit or Seed of the Balsame Tree, the Tree is called *Balsamus*, the wood *Xylobalsamum*, the juice Balsamum, or Balsam, hot and dry in the third degree, but most an end are sophisticated, that which is right is very precious to heal Wounds outward or inward.

Caryophylli, Cloves, hot and dry in the third degree, very Aromatick, heat the Stomach, quicken the Sight.

Cassia fistula, temperate in heat, cleanseth the blood, and purgeth Flegm and Choler, good against Feavers and Gravell.

Colocynthis, Coloquintida, hot and dry in the third degree, a strong purgative, safer to use than that the Apothecaries call *Troches Alhandal*, where it is well prepared.

Dactyli, Dates, they heat and bind, and breed grosse blood, and soon turn to Choler.

Ficus, Figs, Figs new and dry, are hot in the first degree, but not altogether so drying, they are good for colds of the Breast, and profit the Reins and the Bladder, but they breed grosse blood, and often eaten breed Lice.

Gallæ,

Gallæ, Galls, they are cold and dry and very binding.

Glandes, Acorns, temperatly cold, and dry in the second degree, binding and consolidating.

Jujubæ, Jujubes, fine cooling slippery by nature, are good against Worms, and profit the Stomach, Reins, and Bladder.

Kermes grana, or *Coccus Baphica*, Cochineal, hot and dry, a good Cordiall, stops the Terms; and is good to dye Scarlet, they dry without biting, and incarnate.

Mespila immatura, unripe Medlars, cold and dry, stop Fluxes.

Mirobalans, there are five kinds of them, all cold and dry.

Belliricæ, purge Flegm.

Chebulæ, purge Flegm.

Citrinæ, purge yellow Choler.

Emblicæ, purge Flegm.

Indæ, purge Melancholy.

They all quicken the Senses, and preserve Youth.

Nux Cypressi, Ciprus Nuts, are dry without biting, and hot only to serve to penetrate, very astringent, good for Ruptures.

Mosebata, Nutmeg, hot and dry, good for the head and Stomach, provoke Urine.

Pistachia, Pistick Nuts, warm and moist. very nourishing, good for the Lungs and the Reins.

Vomica, it causeth one to Vomit, it is good to kill Dogs, and to catch Crows, and Birds of Prey.

Passulæ majores, very nourishing and cleansing, wholsome

wholsome Food, and good to eat with Almonds between Meals in the French Pox.

Minores, Currance, breed good blood as the former do.

Piper, Pepper, of three sorts usuall.

Album, white Pepper.

Nigrum, black Pepper.

Longum, long Pepper.

All of them heat the Stomach, are good against cold Fits of Agues, and all cold Causes.

Pruna, Prunes, there are two sorts, sweet Prunes, called damask Prunes, that come from *Damascus*, these looseu the Belly.

Soure Prunes bind the Belly.

Sebestens, cool the Reins and the Bladder, and make the Throat smooth that is hoarse.

Siliquæ dulces, sweet Pods, are amongst the Ingredients of Syrup of *Poppies*, and the Receipt is betterd by them, as being proper for that use.

Tamarindi, Tamarinds, cold and dry in the second degree, quench Thirst, allay heat, stop Vomiting, purge Choler.

Meale.

Fabarum, of Beans, cold and dry, detergent and resolving.

Fœnugræci, of Fenygreec, hot and dry, resolving and Diaphoretique,

Hordei,

Hordei, of Barley, cold and dry in the first degree, ripening and detergent.

Lupinorum, of Lupines, hot in the first degree, dry in the second, detergent.

Radicis Althæa, of Marsh-mallow Root, temperatly warm, and ripening, and softning hard Swellings.

Consolidæ majoris, of great Comfrey, heats, dries, and contracts.

Lini of Linseed, hot in the first degree, and between dry and moist, discusseth and softneth all Inflammations and hard tumours.

Volatilis, Mill-dust, cold and stopping blood.

Moist Juices.

A *Grestæ*, or *Omphacium*, juice of sower Grapes, cold in the second, dry in the third degree, very astringent.

Berberorum, of Berberies, cooling and binding, and drying.

Cydoneorum, of Quinces, cooling and astringent, stops vomiting taken after Meat, and purging taken before Meat.

Fumariæ, of Fumitary, hot and dry in the second degree, very sharp, quickneth the Sight, purgeth Choler by Urine.

Granatorum, of Pomegranates, the sower are cold and dry in the second degree, the sweet hot and moist, both of them temper and corroborate the Stomach, good in hot Feavers.

Limonum, of Lemmons, cold and dry, good in Feavers.

Rosarum

Rosarum pallidarum, or Damask Roses, purgeth Choler very gently, and binds afterwards.

Juices Condensed, Gums, and Rosins

Absinthii vulgaris succus, Juice of common Wormwood, very hot, drying, & binding.

Acacia vera, true Acacia, , the Juice of an Ægyptian Tree with prickles, dry in the third, cold in the second degree, very binding and stopping of Fluxes; we use the Juice of Sloes instead thereof.

Aloes hepatica, hot in the first, dry in the third degree, so is *Aloes succotrina*; one is full of Sand and seems to be the dregs of the purer Aloes, the other is compact like Liver, and they call it barbarously *succotrina*, *Dioscorides*; pure Aloes is the *basis* of almost all Pills, and by it self also purgeth, strengthens the Stomach, and kills Worms, is good for the Eyes in a *Collyrium*.

Ammoniacum, a Gum hot in the first degree, and dry in the first, softneth and attracts.

Amylum, white Starch, cold and moist in the first degree, easing pain.

Asa fœtida, hot and dry in the third degree, good to smell to against Fits of the Mother.

Balsamum Peruvianum Balsam of *Peru*, white and black, good for Wounds outwardly or inwardly; its detergent, attractive, and corroborative, it is commonly counterfeit, and that which is good is hard to come by.

Copa Ivæ, hot and dry, good in perfume to stop cold defluxions from the head *Bdelli-*

Bdellium, hot in the first degree, and softning, cures hard swellings.

Benzoinum, Benjamin, a small quantity of thee Flower of it in an Egg is good for a Cold, a little put into an Ounce of Tobacco, gives a kind of Spanish sent.

Bitumen Judaicum, is a substance like Pitch, that of *Judæa* is held to be the best; it is adulterated with Pitch, it is gathered sincere in the Lake called the dead Sea, that the River *Jordane* runs into. It resolveth Swellings, the fume off it brings Epilestick People to their Fits.

Caphura, Camphire, a cold and dry Gum in the third degree, of very thin parts, of a discussing faculty, stops the Gonorrhæa; if it be not kept in Linseed it vanisheth away.

Colophonia, is that hard substance which remains after the distilling of Turpentine, it softens hard tumours, some will have it to be the same with Greek Pitch.

Elaterium. the juyce of wild Cucumbers, good in Dropsies if wisely dispensed, but otherwise very dangerous.

Eupatorii aquatici, juice of water Agrimony, hot and dry in the second degree, very abstergent.

Euphorbium, is often sophisticate, that which is right is very hot and burning, and must be tempered with other Ingredients for Collyriums and other uses.

Galbanum, a Gum hot and dry in the third degree, very attractive, it is often sophisticated with Bean Meal, Rosin, and Ammoniacum, it is

is good for the strangling of the Womb, and to smel to against Vertigo's.

Ghitta Jemou, or *Gutta gamba*, called Camboge, it is a strong Vomit, and must be given in a small quantity.

Glychyrrhizæ succus, Juyce of Licoris, good for a Cold and roughness of the Throat and Breast.

Gum Anime, is used as *Copal*, or *Copa Iræ*.

Arabicum, Gum Arabick, is cold and dry with conglutination, and abates the force of strong Purgatives.

Caranna, good for Swellings and Aches, and against the Toothache, is very attractive.

Elemni, Gum Elem, makes an excellent Plaster for Fractures of the Head.

Hederæ, Gum of Ivy, is an excellent Depilatory, and by its burning quality, makes a part bald that is full of hair.

Tacamahaca, Tacamahac, a good Plaster for the Toothache, and for all cold and windy tumours.

Hypocistidis succus, Juice of Cistus, it is cold and dry in the second degree, and very binding, good against Fluxes.

Lacca, Gum Lac, it is commonly found with little sticks in it, but when it is cleansed it is good for the Liver and Spleen, and against the yellow Jaundice.

Ladanum is a thick Juice that sticks to the Beards of Goats when they feed, it is hot and moist in the first degree, and very softning, it is good to fasten the hair.

Liquid

Liquid Ambar, it is good in Plasters, but is seldome sincere, being sophisticated with Oyles and other mixtures.

Manna, is a Dew that falls out of the Aire, and is different in qualities, as it receives some difference from the severall Plants and things it falls upon, it purgeth Choler very gently, and may be given to women with Child, and to young Children.

Mastiche, Mastick, a hot and dry Gum in the second degree, it softneth and comforts; if you chew it in your mouth, it will draw forth much Rheum and strengthen the Teeth.

Myrrha, Myrrh, a Gum hot and dry in the second degree, and is incarnative, if it be distilled with Whites of Eggs, it cleanseth the Skin, and takes away Spots.

Opium, is the Juice of black Poppie made thick, cold and dry in the fourth degree, it stupifies and mortifies, well corrested and given in a small Dose it brings rest.

Opobalsamum, Balsam, a very soveraign Liquor of the Balsam Tree, good outwardly or inwardly to resist Venome, it is most counterfeit, that which is right grows worse with age.

Opopanax, the Gum of *Panax*, hot and dry in the third degree, softning and extenuating, good in cold Fits of Agues, and against pains in the sides.

Pix, Pitch, hard Pitch is made of liquid Pitch, by boyling, it softneth and ripeneth hard tumours.

Rosina,

Resina, Rosin, *Abietina* of the Fir Tree.
Laricea, of the Larth Tree.
Pini, of the Pine Tree.
Terebinthinæ, of the Turpentine.

All these *Rosins* differ in qualities, as the Trees do from whence they proceed; good to put into Plasters.

Saccharum album, white Sugar.
Rubrum, red Sugar.
Cantum album, white Sugar-Candy.
Rubrum, red Sugar-Candy.

These need no description, only note that the whitest Sugar is generally the best for use, because it is not so windy, but the red is most fit for Clysters.

Sagapenum, the Juice of Fennell-gigant, it is good against Agues, Coughs, and the Falling-sickness.

Sandaracha Arabum, or Juniper Gum, is hot and dry in the second degree, incarnative, and detergent, but *Sandaracha Græcum*, of the Greeks is found in the same Mines where *Auripigmentum* is.

Sanguis draconis, Dragons blood is the Juice of a Plant temperate in heat and cold, dry in the second degree, very binding, strengthning, and consolidating.

Sarcocolla, a Gum, hot in the second, dry in the first degree, and is Incarnative, good for Plasters, and to stop defluxions of the Eyes.

Scammonium, Scammony, it is a Juice of a Plant, it must be well corrected, and

then may be safely given, it purgeth Choler strongly, and being prepared is called *Digry-dium.*

Storax calamita, it is called *Calamita*, because it is brought over in Canes, it heats and softneth, and is good against Distillations, and is an excellent Perfume.

Storax liquida is the moisture that runs from Myrrh, it is most sophisticate, that which is right is very pr cious.

Succinum album white Amber.

Citrinum yellow Amber.

The white is the most costly, but in powder they both are very white, and are good against the Gonorrhœa.

Tartarum vini albi, Tartar of Whitewine, it is hot and dry in the third degree, and purgeth by it self, also it quickneth other purging Medicaments.

Thus, Frankincense, a Gum that is hot in the second and dry in the first degree, and is incarnative and consolidatious, the best is the Masculine called *Olibanum*, it is often sophisticated.

Tragacanthum, Gum Dragant, it is cold and moist, good for Medicaments of the Eyes inflamed, and against all inward heats and excoriations.

Animals,

Animals, their Parts and Excrements.

A *Deps Anatis*, Ducks Greaſe.
Anſeris, Gooſe Greaſe.
Canis, Dogs Greaſe.
Cervi, Deers Suet.
Felis, Cats Greaſe.
Gallinæ, Hens Greaſe.
Hominis, Mans Fat.
Paxi, Badgers Greaſe.
Vrſi, Bears Greaſe.
Axungia Porci, Hogs Greaſe.

All theſe muſt be kept by the Apothecaries for uſe, and are hotter, and moiſter, or dryer, and different according to that Creature they proceed from.

Bezar Occidentalis, Occidentall Bezar, this is a good Counter poyſon, and may be given in a greater quantity.

Orientalis, Orientall Bezar, this will do more in a ſmaller quantity. If they be right, there is no greater Antidote againſt poyſon, nor more effectuall in the world.

Cancrorum fluviatilium oculi, Eyes of River Crabs are a good Cordiall, and heal Wounds taken inwardly.

Cantharides, Spaniſh Flies, ſerve to draw Bliſters, but are dangerous taken inwardly, for they will excoriate and make one piſs blood.

Caſtoreum, good againſt trembling, Palſies, and the Falling-ſickneſs, and againſt Fits of the Mother, it heats and dries, and attenuates. It uſeth to be ſophiſticated alſo, as almoſt all Drugs are, that will beare any price, it is not the Stone, but that which grows neer the Reins of the Bever; for it is fabulous that the Bever bites off his Stones to free himſelf from the Hunter.

Cera flava, yellow Wax, it is hot and ſoftning, and is the ground almoſt of all Plaſters: *Alba*, white Wax is made of yellow Wax by often waſhing it.

Cornu cervi, Hearts Horn is a great Antidote againſt poyſon, and is good to make ſtrengthning Jellies.

Cranium hominis violenta morte extincti, the Skul of a man dying of a violent Death, when it is prepared, it is held to be good againſt the Falling-ſickneſs.

Ebur, Ivory, Elephants Tooth, it is cold and dry, as other Bones are, when it is burnt it is called *Spodium*, good to cool and to ſtop Fluxes of blood.

Hirci ſanguis præparatus, Goats blood prepared, good againſt the Stone.

Ichthyocolla, Iſinglaſs, it is good boyled in Milk to ſtrengthen the Back.

Lucii mandibulæ, the Jaw-bones of a Pike, are exceeding drying; and help to make Bones ſcale.

Lumbrici terræ, Earth-worms prepared are good againſt the Jaundice, and to make an Oyle that eaſeth pain.

Mel,

Mel, Honey, good for the Lungs, and to cleanse the inward parts.

Moschus, Musk, a good Cordiall, but generally naught for Women, for it will make them subject to fits of the Mother by its sweet smell.

Mumia, Mummy, good in Plasters, but given inwardly against Bruises, is but a scurvy Medecine, if it be that men report it to be, yet it is not probable that so much of it can be brought to us from the Tombs of *Greece*, when that used only to be Embalmed, and as for poore men, they can scarce find a place of Buriall, nor can it be the flesh of dead men, as some would have it, for that dries up and consumes to nothing.

Sanguisugæ, Leeches, good to such away Melancholy blood from the Emrods, and the Ashes of them is good to take off Hair, and make a part bald.

Sapo venetus, Castle Sope may be given inwardly against the Stone, and is good in outward applications.

Scincus, the Land Crocodile, the parts about the Loins are held potently to provoke Lust.

Sepia os, Cuttle bone, is good to make a Dentrifrice to scoure the Teeth, and may be put into some Collyriums to clear the sight, and is sometimes used inwardly against short breathing.

Serici folliculi, Silkworms Cales, or raw Silk, is a good Cordiall to recreate the Spirits, and is put into Antidotes againſt Melancholy.

Semum hircinum, Goats Suet is very reſolving, and held to be good for the Gout.

Sperma Ceti, Whales Spawn, ſome think it is nothing elſe, though there be one ſort of Whale that takes it in, and in which it is found, it is a good Anodyne in Plaſters outwardly and inwardly taken helps Bruiſes.

Vngula Alcis, Elks Claw, good againſt the Falling-ſickneſs, but the vertue of this Medicament is queſtioned by reaſon of the often abuſe, where other Beaſts-hoofs are commonly ſubſtituted for true Elks Claws.

Vnicorum, Unicorns horn, good againſt poyſon; whether the Unicorn be a Beaſt or a Fiſh, is yet undetermined: thoſe Horns being commonly found on the Sea-ſhore.

Zibettum, Civet, this is a great prevailer againſt the Fits of the Mother, if one or two Grains be laid to the Navel.

Mineralls,

Mineralls, Metalls, and Stones.

Æ Rugo, Verdigrece, it is made of Brass by the means of sharp Vinegar, it is a coroding Medicament, put into Plasters and Unguents to purge foul Ulcers, and to heal them.

Æs ustum, burnt Brass, consumes dead flesh, binds and dries, and heals Sores.

Alumen rupeum, Roch-Allum, hot and dry in the third degree, very astringent, when it is burnt it consumes dead flesh. There is another Allum called *Plumeum*, that is to be had at the Apothecaries also, though it be seldome used, unless to make sport, for strewed in the Bed it will make men scratch continually.

Antimonium, Antimony, it is an imperfect mixt body, like to Lead in appearance, many admirall Medicaments are made of it.

Argentum foliaceum, Leaf Silver, to silver over Pills, and sometimes to cover Electuaries.

Argentum vivum, Quicksilver, this is also the ground of many excellent Medicaments, some hold it is hot, and others say it is cold.

Arsenicum album, white Arsenick, called Ratsbane, it is a most dangerous thing inwardly, one Grain will kill, yet it is safely used in some outward remedies.

Auripigmentum, Opiment, this is hot in the third degree, and dry in the second, as Arsenick is, and corrupts and mortifies where it is applyed,

applyed, but yet not altogether so dangerous as *Arsenick*.

Aurum foliaceum, Leaf Gold, for Leaf Silver.

Bolus armenius, Bole of Armenia, the best fine Bole, good against the Plague, very cold and astringent, safely given inwardly, but common Bole serves for Plasters, white Bole is good against the Gonorrhæa, and is used in *Holland* for that purpose.

Borax, stops Fluxes, and given to a woman in Travell hastens delivery.

Calx viva, quick Lime, is used to make water to cure outward Ulcers, and of late is given inwardly for all Uulcers internall, a tincture of *Guaicum* being drawn forth by it, and it is very safe and may be often given in a good quantity for the French Pox.

Ceruſſa, white Lead, is made by the means of Vinegar, for Plasters and for Fucasies.

Chalcitis, the best is like to Brass, it heats and makes a crust upon Ulcers.

Chalybs, Steel, it is prepared, and given often to Maids to open obstructions of the Spleen, and against *Cachexia*.

Chrysocolla, a Minerall *Borax*, it must be often washed, and then may it be used to purge Ulcers.

Cinnabaris, Cinnaber, there are two sorts, first naturall, found in Mines, another made by Art of Brimstone, and Quick-silver, it makes a good Fume for the French Pox.

Chrystallus,

Chrystallus, Chrystall, it is cold and astringent, breeds Milk in Women, some say it is Ice congealed to a stone, but *Solinus* saith, it is found in some parts of the World where no Ice is to be found.

Granatus, a Garnate stone, is a kind of a Carbuncle, it cheers the heart, and drives away sadness.

Hyacinthus, a Jacinth, strengthens the heart, the fragments of these stones are bought for that use.

Lapis Lazuli Armenius, is not much differing, yet it is not so good as *Lapis Lazuli*, which being prepared is given in Pills to purge Melancholy.

Lapis calaminaris, is good in Plasters to dry up Ulcers.

Lapis Hematites, Blood stone is given to stop blood, and Flux.

Litharyrus argenti et auri, Litharge of Silver and Gold, are nothing but the recrements of Lead in trying those Mettalls, and are excellent to be used in Plasters.

Magnes, the Loadstone, it is found in Iron Mines, some give it inwardly for Ruptures, and apply the Steil outwardly to the part affected, but methinks the contrary were the safer way.

Minium, red Lead, it is burnt to that colour and makes a good Plaster.

Ossеocalla, Bone Glew, it is found in the Palatinate where it is frequently given to soder broken Bones, which it performs very speedily.

Plumbum,

Plumbum ustum, burnt Lead, good also in Plasters.

Pompholix, or *Nihili album*, it is that comes from Brass that flyeth up in sparkles, when the Cadmia is cast on, and sticks to the Roof of the House, it is excellent in Plasters to heal sore Legs.

Rubinus, a Ruby, he that wears it will dream no ill nor fearfull Dreams.

Sal armeniacus, Sal Armoniac, this is the most sharp of all Salts, and is digged from under the most burning Sand, and when it is boyled again, as *Galen* saith, it grows more sharp, this Sal armoniac may be made by Art, yet many men have laboured in vain to make it.

Cardanus, this Salt is that which makes *Aqua Regia*, to dissolve Gold, being hot in the first, and dry in the fourth degree.

Salgemmæ, A Salt that grows upon Rocks, and is used in some Medicaments to quicken the force of them.

Sal petræ, seu *Nitpum*, Salt-peter, besides the making of Gun powder, it is used to make *Sal prunellæ*, which is excellent to cleanse and scoure the mouth, and to cool in hot Feavers.

Saphirus, the Saphir Stone, it comes from the *East Indies*, it makes a man chast, and cools inward heat, and abates sweat.

Sardus, it is red and transparent, it is a Stone that makes the heart merry, and sharpens the wit.

Smaragdus, the Emrald, it comforts weak Eyes, and taken in Drink restores a man that is poysoned.

Sub-

Sublimatum, Sublimate, is Mercury sublimed, a dangerous poyson, yet excellent to cure Ulcers externally.

Sulphur, Brimstone, the flower of it called *Flos sulphuris*, is good for the Lungs, cures the Itch, and kills Worms.

Terra Lemnia, Earth of *Lemnos*, this is a moist Earth in the Island *Lemnos*, the Mountain where it is found hath neither Stone nor Tree upon it, it is excellent against Fluxes and Ulcers, but more excellent against poysons.

Topasius, the Topas, It is a stone like to Gold, put this into boiling water, and you may put in your hand into it, and it shall be cold; this was proved at *Paris*.

Tutia officinarum, Tuttie of the Shops, that of *Alexandrina* is the best, it is made when yellow Brass is made, it is excellent for sore Eyes.

Vitriolum album, white Vitriol.

Hungaricum, Vitriol of *Hungaria*.

Romanum, Roman Vitriol.

The white hath more Allum, the green hath more Salt, and the blew hath more Sulphur or Brimstone in it, they are all corroding, and must be well prepared for use.

Vitrum Antimonii, Glass of Antimony, well prepared and exhibited, it is a good Vomit, and cures many Diseases.

Medicaments that the Sea affords.

Ambergrise, Ambergrese, there is much dispute what it is, there are three sorts, but the grey is best, it is good for old people, and very much strengthens the Nerves and the Brain.

Blatta Byrantia, they are also called *Conchæ Odoriferæ*, they are Shells that smell sweet, and serve against hysterical Passions.

Corallum album, and *Rubrum*, white and red Corall, they grow as Trees on Rocks under water, and become hard when they are taken forth, they are cold and dry and very binding, and are good to stop Fluxes.

Corallina, Sea Moss, good to kill Worms.

Margaritæ, Pearls are great Cordialls.

Pumex, Pumex stone, a good dentifrice to rub the Teeth clean.

Spongia, a Spunge, hot in the first dry in the third degree, resolves and dries, the Stones that are found in the Spunge are excellent against a bunch, cold or swelling in the Throat.

SECT.

SECT. II.

OF

WATERS

AND

VINEGARS.

Simple Waters Distilled.

Of Sorrell.
Betony.
Borrage.
Honey-suckles.
Carduus Benedictus.
Celandine great.
Succory.
Scurvygrass.
Eyebright.
Fennell.
Bean Flowers.
Lavender.
Lillies of the Valleys.
Roses.
Elder Flowers.
Tiel Tree.
Fumitary.
Hysop.
Lettice.
Balme.
Mints.
Wild Poppey.
Parsley.
Plantain.
Purslain.
Peniroyall.
Nightshade.
Troy spawn.

All these Waters are distilled, the ordinary way in a brazen or earthen Vessel, as the matter is of quality, but care must be chiefly taken that they smell not of the Fire.

Water

Water of Centory the leſs, And Graſs Roots.

TAke the Herb Centory the leſs, or of the Roots of Graſs, what you pleaſe. Bruiſe them and ſteep them in water poured on, till it overflow them two fingers breadth, put in a little Salt, let them ſtand to digeſt for ſome daies, till it be ſomething ſowriſh, then diſtill them in *Balneo*, till half the water poured on be drawn off.

I hold it not ſafe to ſet down the quantities of Medicaments, but I wiſh every one that needs them to take advice of the Phyſitian, becauſe the quantities alter according as People differ in Age, Sex, or Conſtitutions, and ſome may take an Ounce of that, of which another may not take one Dram.

Cinnamon

Cinnamon Water.

TAke Cinamon bruised, one pound and an half.

Barley water eight pounds. Distill them according to Art.

Water of Honey.

TAke Honey what is sufficient to fill the tenth part of a large earthen gourd Vessell, or of Glass, with a Limbeck of Glass, and in a boyling Bath distill of the Flegm, or water of Honey, but when the drops begin to grow sharp, set the Vessell in the Sand, and encreasing the fire, draw off the second and third Liquor.

Compound Waters.

Water against all Venome.

TAke green Walnuts with their Shells, in *June*, four pounds.

Herbs, { *Cardus Benedict.* / *Balme.* / *Rue.* / *Scabious.* / *Scardium.* } Of each 4 Ounces.

The Dose is an Ounce.

Water

Water againſt the Epilepſie.

TAke Roots of the Male Piones dryed half a pound.

Leaves of *Angelica.* *Frarinella.* *Origanum* of *Crete.* Rue. Sage. of each one Ounce.

Flowers of Male Piones. Betony, Lillies of the Valleys. Roſemary. Tiel Tree dryed.

Seeds of Orientall Ammi. Nigella, of each half an Ounce. Piony two Ounces Caſia Lignea. Cloves. Cardamomum the leſs. Nutmegs. Oyle of Vitriol; of each two drams.

Break them groſly into powder, and then poure on Spirit of Wine ten pounds, infuſe them for eight daies, keeping the Veſſell cloſe ſtopped, then ſtrein them through a very thick hair Streiner, keep the Liquor ſtreined in a Glaſs cloſe ſtopped.

Water

Water against the Stone in the Kidneys.

TAke Horse-Radish Roots four ounces.
Licoris.
Rest harrow.
Parsley.
Pimpernel of each two Ounces.
Nephritic wood, the inside.
Sassaphras, of each three Ounces.
Ground Juy, four handfulls.

Leaves of Black Ribes.
Betony.
Chervil.
Strawberries, of each two handfuls.

Seeds of Fennell.
Nettles.

Berries. Of winter Cherries, of each two ounces.
Of Juniper one ounce.

Steep them in the Juice of ground Ivy and Rhenish-wine, what may be sufficient for three daies, then distill them according to Art, and keep the Water for use in a Glass well stopped.

Waters againſt the Palſie.

TAke Roots of *Sarſaparilla*.
Wood of *Guaicum*, of each one pound, and
Saſſafras, three ounces.

Hearbs, Betony.
Calamint of the Mountain.
Germander.
Chamæpithy.
Hyſop.
Marjoram.
Origanum.
Horehound.
Primroſes.
Peniroyall.
Roſemary.
Sage.
Serpille Thyme.
Leaves of Marigolds,
French Lavender, of each one hand-full;

Infuſe them for three daies in a ſufficient quantity of Spirit of Wine, That it may ſwim four fingers breadth above them, then diſtill them according to Art, and again infuſe for twenty four hours in the diſtilled Liquor,

Roots of Coſtus bitter,
Pellitory of *Spain*,
Ginger,
White Muſtard-ſeed,

Cloves;

Cloves,
Pepper,
Cinnamon,
Storax Calamita,
Castoreum, of each one Dram.

Distill them according to Art, and keep the distilled water for use in a Glass close stopped.

Water against Fits of the Mother.

TAke Bryonie Roots dryed.

Berries of Elder ripe, and dryed at a gentle heat in a Furnace and cleansed from their Stalks, of each two ounces.

Leaves of Mugwort,
Dittany of *Crete*,
Featherfew,
Nip,
Basil,
Peniroyall,
Rue,
Sabine, all dryed in the Sun, of each halfan ounce.
Pills of Oranges the outside, dryed, one ounce and an half.
Myrrh,
Castoreum, of each three Drams.

Saffran one dram

Powder them and ſteep them eight daies in four pounds of the Spirit of Wine; then ſtrein them through a very thick hair Streiner, keep the ſtreined Liquor in a Glaſs very well ſtopt

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Treacle Water.

TAke the outſide Pills of Oranges dryed.

Roots of Butter burr,
Of Licoris,
Pimpernell,
Tormentill, of each two ounces.
Angelica,
White Dittany,
Gentian,
Maſterwort,
Swallow-wort,
Zedoary,

Leaves of Carduus benedictus,
Rue,
Scabious.
Scordium, dryed all, of each one ounce,

Seeds of Sorrell,
Carduus benedictus, of each half an ounce,
Engliſh Saffron two Drams.

Make

Make them all into a gross powder, let them be steeped eight daies in *Balneo*, with twelve pounds of Spirit of Wine, the Vessell being kept close stopt, then strein them through a hair Streiner very thick, add to the streined Liquor Venice Treacle three ounces, Oyle of Brimstone distilled, *per campanum* two Drams, keep them in a Glass well stopt.

Compound Aquavitæ.

TAke Cinnamon three ounces,

All the Sanders, of each three Drams.
Roots of Avens,
Galanga,
Ginger,
Orange Pills.
Citron Pills, the outward parts dryed, of each two Drams and an half.
Nutmegs,
Cardamom the less,
Mace, of each three Drams,

eeds of Annisseeds,
Parsnips of *Crete*,
Sweet Fennell,
Basil, of each one dram and half.

eaves of Marjoram,

Sage,

Savory, of each half an Ounce,
Flowers of Sweet Gilliflowers,
Rosemary,
Red Roses, of each two Drams,

Bring them all to a gross powder, steep half of it eight daies in three pounds of Spirit of Wine, then strein it through a thick haire Streiner.

To the other half add,
Powder of Diamargariton frigidum,
Diambra, of each three drames.

Steep them in the like quantity of Spirit of Wine, and strein them as you did before; put into the streined Liquor,
Ambergrise,
Musk bound up in a knot, of each half a Scruple.
Julep of Roses six ounces,
Keep both these streined Liquors apart in two Glasses.

Of Vinegars.

VInegar of Marigold Leaves,
Lavender,
Roses,
Elder-flowers,
All are made one way.

Take of the dryed Leaves as much as you will, Wine

Wine Vinegar what is sufficient.
Set them in the hot Summer Suns in a Glass, or a glased Pot, with a very narrow mouth, for forty daies or more, then set them up for use.

Vinegar of Squills.

TAke the Squills first cut into little peeces, and put upon a Thread to dry moderately, one pound.

Wine Vinegar eight pounds.
Set them in the Sun, strein them, set them up as you did before.

Of Syrups.

Honey Medicaments, and Rob.

Rob is the Juice boyled thicker then a Syrup.

Syrup of Vinegar.

Take clarified Sugar boiled to the consistence to make Tables with four pounds.

Power upon it, and mingle with it in an earthen Vessell.

White-wine Vinegar what may serve,

That without boyling they may be made by stirring into a Syrup

Syrup of the Juice of Sorrell.

TAke Sugar, Clarifie it, and boyl it to the consistence of Tablets 4 pound, poure on it, and mingle with it in an earthen Vessell,

Juice of Sorrell clarified, but sinking down, and streined, what may serve turn, That without boyling, stirring it, it may be made of the consistence of a Syrup.

Of Juice of soure Grapes.

Take Sugar clarified, and boyl to the consistence of Tablets, foure pound.

Power upon it, and mingle with it in an earthen Vessell,

Juice of soure Grapes that is new and unsalted, what will serve turn, That without boyling, by stirring, it may come to the consistence of a Syrup.

The same way are made,

Syrup of Quince,
Soure Pomegranates,
Lemmons,

Syrup

Syrup of Scurvigrass.

TAke Sugar clarified and boyled to the consistence of Tablets 4 pounds.
Distilled water of Scurvigrass what may serve turn, That without boyling, by stirring it, they may become a Syrup.

Julip of Roses.

TAke Sugar clarified, and boile to the consistence of Tablets, 2 pounds, poure on and mingle with it Rosewater what may serve; That by stirring, without boiling they may be made into the consistence of a Syrup.

Syrup of Violets simple

TAke Sugar boiled to the consistence of Tablets 2 pounds, poure on it of the Infusion of fresh Violet Flowers, cleansed from their small stalks, what may serve them; that stirring them without boyling, they may be made into the consistence of a Syrup.

Syrup of Wormwood Compound.

Take Roman Wormwood dried six ounces,
Red Roses two ounces,
Indian Spicknard three Drams.
Bruise them and steep them four and twenty hours in white Wine that is old and fragrant.

Juice of Quinces purified, of each three pounds.

Boyl them on a soft fire to half, then strein them; to the Clarified streined Liquor, add,

Clarified Honey boyled to a Consistence white Sugar, of each one pound.
Boyle them again to the Consistence of a Syrup.

Syrup of Marsh-Mallowes of Fernelius.

Take Roots of Marsh-Mallows two ounces.
Red Ciches one ounce.
Sparagus Roots.
Scraped Licoris
Grass Roots,
Raisins cleansed from their Stones, of each halfan ounce,
Tops of Marsh-Mallows.

Both

Both Maiden-hairs,
Mallows,
Pellitary of the Wall,
Pimpernell,
Herbs. Plantain; of each one handfull.
The four great cold Seeds,
The four less cold Seeds bruised, of each three drams.

Boyl them in a sufficient quantity of water, till a third part be consumed: let the streined Liquor be boyled with four pounds of white Sugar to the consistence of a Syrup.

Syrup of Mugwort of Fernelius.

TAke Fennell,
Elecampane,
Orris,
Roots of Lovage,
Piony,
Madder; of each half an ounce.

Herbs of Mugwort two handfulls.
Betony,
Calamint,
Germander,
Chamæpithy,
Hysop,
St. Johns Wort,
Marjoram,

Marjoram,
Featherfew,
Balm,
Nip,
Origanum,
Horehound,
Peniroyall,
Seeds of Soril, of each one handfull,
Aniseed,
Daucus,
Fennell,
Nigella,
Basill,
Parsley,
Rue, of each three Drams,

Bruise them and chop them, and steep them 24 hours in

Hydromel that is thin, what may suffice; boyl them according to Art, with Sugar 5 pounds. Then boil them again for a Syrup to be spiced with,

Cinnamon one ounce,
Indian Spike three Drams.

Syrup of Juice of Betony.

TAke Juice of Betony purified, three pounds, white Sugar one pound and half; boyle them to the Consistence of a Syrup.

These

These that follow are made the same way with the former,

Syrups of { *Borrage*, *Carduus Benedictus*, *Succory* simple, *Scabious*, Syrup of Oak of *Jerusalem*.

Take Herbs, Oke of *Jerusalem* three handfuls,
Of *Erysimum*,
Nettles, of each two handfuls,
Red Cabbage,
Coltsfoot, of each one handfull and halfe; Boyl them in sufficient quantity of water: To the strained Liquor add,
White Sugar two pounds and an half; Clarifie them, and boyl them to a Syrup.

Syrup Byzantine.

TAke Juice of Smallage,
Garden Endive, of each two pounds,
Bugloss,
Hops, of each one pound.
Boyl them and purifie them till they be clear, and with three pounds of Sugar, boyl them to a Syrup.

Syrup

Syrup of Maiden-Hair.

TAke the herb Maiden-hair fresh gathered, and cut a little, 5 ounces.
Roots of Licoris scraped, 2 ounces.
Steep them 24 hours in sufficient quantity of hot water, then boyl them according to Art.
To 5 pounds of the clarified Liquor, add
Sugar four pounds; boyl them to a Syrup.

Syrup of Succory with Rheubarb.

TAke roots of Smallage,
Sparagus,
Fennell new gathered, of each two ounces.
Succory,
Garden Endive,
Dandelion, of each two handfulls,
Fumatory,
Liverwort,
Herbs. Lettice,
Hops,
Smooth Sowthistle,
Maiden-hair,
Whole Barley, of each one ounce and half,
Winter Cherries,
Licoris scraped, of each six Drams.

Boyl

Boyl them in a sufficient quantity of water, till a third part be wasted, then strain them, adding unto the streined Liquor,

White Sugar 4 pounds,

Clarifie them, and boil them to a Syrup.

In the mean time,

Take the best Rheubarb, 4 ounces,

Indian Spicknard, 2 drams,

Infuse them in a sufficient quantity of the aforesaid Decoction, and after a little boyling, easily strein and press them out, and mingle the Liquor pressed forth with the former Syrup, at the end of the boyling thereof.

Syrup Diacnicu.

TAke Roots of Angelica,

Smallage, Sparagus,

Fennell Roots fresh gathered,

Licoris, of each one ounce,

Polypod of the Oak one ounce and half,

Bark of *Tamarisk* half an ounce,

Herbs. Maiden-hair,
Bugloss,
Germander,
Chamepyth,
Hyssop,
Origanum,

Harts-tongue

Harts-Tongue,
Thyme, of each half a handfull,
Dodder,
Winter Cherries, of each half an ounce,
Rayſins ſtoned, 2 ounces,
Wild Saffron Seed bruiſed 4 ounces and an half,
Anniſeeds,
Ammi,
Daucus.
Fennell Seed, of each one ounce.

Boyl them in a ſufficient quantity of water, till a third part be conſumed: And to the ſtreined Liquor, add

VVhite Sugar Clarified 2 pounds,

Boyl them to a Syrup.

In the mean time,

Take Sena *Leaves* cleanſed 4 ounces,
Choice Rubard one ounce and half,
Agarick in Trochiks half an ounce,
Ginger one dram.

Infuſe them hot for a Night in a ſufficient quantity of the former Decoction, boyl them gently the next day, ſtrein and preſs them out, mingle them with the formoſt Syrup, at the end of the boyling thereof.

Syrap

Syrup of Diacodium:

TAke twenty white Poppy-heads without the seeds,
Sweet Cods without the Kernells, 3 ounces,
Roots of Marsh-Mallows,
Scraped Licoris, of each 2 ounces,
Boile them according to Art in a sufficient quantity of water, and to the streined Liquor, add,
Brown Sugar Candy one pound and an half, boile them to the consistence of Honey, or of a thick Syrup.

Syrup of Fumitary.

TAke Roots of Polypod of the Oak, two ounces,
Roman Wormwood,
Dodder,
Endive,
Herbs. Hearts-tongue,
Hops, of each one handfull,
Epithyne, one ounce and an half,
Boile them in sufficient quantity of water, till half be consumed: Add to the streined Liquor,
Juice of Fumitary one pound and half,
Of Borrags,
Bugloss, of each half a pound,
White Sugar 4 pounds.
Boil them to a Syrup.

Syrup of Licoris.

TAke Roots of Licoris ſcraped, 2 ounces,
Coltsfoot 4 handfulls,
Herbs. Maiden-hair one ounce,
Hyſop half an ounce,
Infuſe them 24 hours in a ſufficient quantity off water, then boile them till one half be waſted;; add to the ſtreined Liquor,
The beſt clarified Honey,
White Sugar, of each one pound.
Boile them to a Syrup.

Syrup of Hyſop.

TAke Herbs, dryed Hyſop one ounce and half,
Maiden-hair 6 drams.
Roots of Smallage,
Fennell,
Parſley, all freſh gathered,
Licoris ſcraped, of each X drams,
Jujubes.
Sebeſtens, of each 30.
Fat Figs,
Fat Dates,
Raiſins ſtoned, one ounce and half,
Cleanſed Barley half an ounce,
Quince ſeeds,
Mallow ſeeds, of each 3 drams,
Boile them in a ſufficient quantity of water; add

add to the streined Liquor,

The whitest Sugar 3 pounds, Clarifie it and boile it to a Syrup.

Syrup of Jujubes.

Take, Jujubes 60.
Clean Barley,
Roots of Licoris scraped,
Herbs Maiden-hair, of each one ounce,
Flowers of Violets,
Seeds of Mallows, each 5 drams,
Quinces,
Lettice.
Melons,
White Poppie, of each 3 drams.

Boile them in sufficient quantity of water, till half be consumed; add to the strained Liquor,

White Sugar clarified 2 pounds, boile them to a Syrup.

Syrup of Mints.

TAke Juice of Mints one pound,
Of Quinces,
Soure Pomegranates purified,
Infusion of red Roses, of each half a pound,
White Sugar,
Honey clarified, of each one pound and half,

Boile them into a Syrup, and about the end of boiling it, aromatise it with the Powder of *Diarhodion Abatis*, bound in a linnen Clout, half an ounce, set it apart for use.

Syrup of Myrtils.

TAke Myrtil Berries 2 ounces and a half,
Unripe Medlars half a pound,
Barbery Seeds, or Sumach, or Rhois of the Shops,
Flowers of wild Pomegranates,
Red Roſes,
White and red Sanders, of each one ounce and half,
Bruiſe them and boile them in water ſufficient, till a third part be conſumed, preſs it out; add thereto,
Clarified Sugar 5 pounds,
Boile them again to a conſiſtence of a Syrup, adding,
Juice of Quinces,
Soure Pomegranates purified, of each two pounds,
Make an Artificiall Syrup.

Syrup of Poppies.

TAke of the heads of white Poppies, ripe and dryed, 10 ounces,
Boile them in a ſufficient quanty of water to half; to the ſtreined Liquor add,
White Sugar 2 pounds and half, boile them to a Syrup.

Syrup

Syrup of Purslain.

TAke Juice of Purslain one pound,
Daisies,
Strawberries,
Lettice,
Plantain,
Middle Housleek,
Violets purified, of each two ounces,
Quince seeds two drams,
White Sugar 2 pounds,
Boile them to a Syrup.

Syrup of 5 opening Roots.

TAke Roots of Smallage,
Sparagus, Fennel,
Parsley,
Butchers Broom new gathered, of each foure ounces,
Boile them in sufficient quantity of water; to the streined Liquor, add
White Sugar 4 pounds,
Clarifie them and boile them to a Syrup.

Syrup of dried Roſes.

TAke red Roſes dryed one pound,
Infuſe them in hot water ſufficient 24 hours; to the Liquor ſtreined and preſſed out, add
White Sugar, 2 pounds,
Boile them to a Syrup.

Syrup of Roſes ſolutive.

TAke the Infuſions of damask Roſes nine times renewed, 5 pounds,
Sugar clarified 4 pounds,
Boile them to a Syrup.

Syrup of Roſes ſolutive with Sena.

TAke Sena Leaves cleanſed 8 ounces,
Anniſeed,
Sweet Fennel ſeed; of each half an ounce.
Infuſe them two daies in the manifold Infuſion of damask Roſes, a quantity ſufficient: to the ſtreined Liquor preſsed out, and add
white Sugar 2 pounds,
Boile them to a Syrup.

Syrup

Syrup of Stęchas, *or French Lavender.*

TAke Flowers of *Stechas* 4 ounces,
Herbs, Betony,
Calamints,
Origanum,
Thyme, of each one ounce and half,
Sage,
Flowers of Rosemary, each half an ounce,
Seeds of Fennel,
Piony,
Rue, of each 3 drams.
Boile them in sufficient quantity of water to half; add to the streined Liquor,
The best Honey, each 2 pounds.
Clarifie them and boile them to a Syrup.

Syrup of Comfrey of Fernelius.

TAke Roots and tops of Comfrey the great,
Herbs, Daisie, Roots and all, of each 3 parts,
Betony,
Burnet,
Plantain,
Knotgrass,
Scabious,
Coltsfoot,
Leaves of red Roses, of each 2 parts.

Press out the Juice of them all whilst they are green being first pounded, boile it and clarifie it, and to three pounds of it, add

White Sugar two pounds and an half.

Boile all to a Syrup.

Compound Syrup of Violets.

TAke five handfulls of green Violet Leaves,
Of Quince seeds,
And Mallows; of each 7 drams.
Jujubes,
Sebestens; of each 20.

Boile them according to Art, in a sufficient quantity of Barley water, and add to the Liquor streined,

White Sugar, one pound and an half.

Boile them to a Syrup.

Honey of the Herb Mercury.

TAke 3 pounds of the Clarified Juice of Mercury,
Of Honey very well skimmed 4 pounds.

Boile these at a gentle fire to the consistence of a Syrup.

Honey

Honey of Rosemary:

TAke tops of Rosemary with the Flowers dryed in the shade, one pound.
Steep them a little in a sufficient quantity of water, then with three pounds of the best clarified Honey, boile them at an easie fire, and whilst they are yet hot strein them through a linnen Cloath.

Honey of Centory and Roses are made the same way.

Honey of Roses solutive:

TAke three pounds of the manifold infusion of damask Roses,
Honey well clarified 4 pounds,
Boile them to a Syrup.

Oxymel simple:

TAke Honey well clarified as much as you please,
Melt it over hot Embers in an earthen Vessell, and when it is melted, mingle with it,
Wine Vinegar what is sufficient, that stirring of

of it without boiling, you may make it like a Syrup.

Oxymel of Squils.

TAke Honey well Clarified, what you please, Melt it as before, and then mingle with it, Vinegar of Squils, what is sufficient, that stirring it without boiling, it may come to the Consistence of a Syrup.

Syrup of Mulberries.

TAke the Juice of unripe Mulberries, and Blackberries, of each one pound,
Honey well skimmed one pound and half.
Boile them according to Art, to the thickness of a Syrup.

Rob of common Acacia, *or Slows.*

TAke the Berries of unripe Sloes, as many as you please,
Boile them untill they be soft, pulp them through a Sive, and add to one pound of the Pulp, Wite Sugar two pounds.
Boile them to the thickness of Rob.

Rob

Rob of Barberries, and of Garden Currance.

TAke the Juice of Barberries, or Currance pressed forth 2 pounds,
White Sugar one pound.
Boile them to the thickness of Rob.

Of Condites and Conserves.

Roots
Of common Acorus.
Succory,
Elecampane,
Eryngo's,
Satyrion,
Scoronera,
Ginger,
Pils
Of Oranges,
Citrons,
Stalks
Of Lettice,

Flowers
Of Oranges,
Citrons,
Fruits,
Barberries.
Cherries,
Heart-Cherries,
Myrobolans,
Walnuts,
Nutmegs,
Goosberries,
The flesh and Juice of Quinces.

Purging Currance.

TAke clean Sena leaves 8 ounces,
Sweet Fennel seeds one ounce.
Infuse them one Night in a warm place, in a sufficient quantity of the manifold Infusion of damask Roses, in the Morning let them boil a little easily, press and strein forth the Liquor, and to one pound and half of it, add,

Clarified

Clarified white Sugar one pound and an half,

Currance cleanſed from filth, one pound,

Boile them to the thickneſs of a *Syrup*.

Conſerve of Flowers:

Flowers of	Flowers of
Betony,	Sage,
Borrage,	Comfrey,
Marrigolds,	Violets.
Clove Gilliflowers,	*Herbs.*
Succory,	Wormwood,
Eyebright,	Roman,
Mallows,	Common,
White-water Lillies	Sorrel,
Pionies,	Balme,
Roſes, damask and red,	Mints,
Roſemary,	Soure Trefoly,

To every pound of them being dryed, add three pounds of Sugar, but when they are moiſt, add but two pounds of *Sugar* to one pound of the Flowers.

Sugar

Sugar with Pearls, is a good Restorative and preserves Nature:

TAke the whitest Sugar one pound,
Water of damask Roses what is sufficient.
Boile them into the consistence of Lozenges, and at the end of the boiling, mingle with them,
Perls prepared and poudred half an ounce.
Cast it on a Marble and make Lozenges.

Sugar of Marsh-Mallows:

TAke of the pulp of Marsh-Mallow Roots 3 ounces,
White Sugar finely powdred, one pound,
Rosewater what is sufficient.
Make Lozenges according to Art,
Thyme, of each one ounce,
Annis seeds,
Fenel seeds,
Red Roses, of each half an ounce.
Infuse them and boile them according to Art,
In a sufficient quantity of Whey, strein and press it forth, and add to it,
Juice of Fumitary,
Clarified Sugar, of each one pound and an half.

Boile

Boile all to the consistence of Honey, strein it forth and add,

Pulp of Cassia,
Prunes, Tamarinds,
Manna of *Calabria*, of each one ounce and half.

Boile it to a fit body, and strew in,

Leaves of Senna cleansed,
Choice Reubarb, of each one ounce,
Scammony prepared one ounce and half,
Seeds of Fumitary,
Annisseeds,
Indian Spicknard, of each two drams.

Make an Electuary according to Art.

Half an ounce of this cures Scabs, and purgeth salt humours and Melancholy, but the Dose must be according to the Patients strength, and so in all the rest.

Diacarthamum.

TAke the Kernells of the Seeds of wild Saffron,
Gummy Turbith, of each one ounce,
Hermodactils,
Scammony prepared,
Licoris scraped, of each half an ounce,
Ginger,
Cinnamon, of each 2 drams.
Choice Manna,
Honey of Rose, of each one ounce,
White Sugar dissolved in Juice of Quinces, one pound.

Make

Make an Electuary according to Art.

Half an ounce of this is good to purge the Gout; It is a strong Purgation, and so it had need be where the humours are so remote.

Diacatholicon.

TAke Roots of Polypod of the Oke, 4 ounces,
Fennel seeds six drams.
Boil them according to art, in a sufficient quantity of water, strein them, and add to the streined Liquor,
White Sugar 2 pounds.
Boil them to a Syrup, in which dissolve Pulp of Cassia and Tamarinds, of each two ounces.
To these dissolved, add,
Senna Leaves cleansed two ounces,
Choice Rheubarb,
Mechoacan not rotten, of each one ounce,
Annisеed half an ounce,
The four great cold Seeds cleansed,
Licoris Roots scraped,
Violet Flowers, of each two drams.
Make an Electuary according to Art.

This is best in Clysters, a reasonable body may take six drams, or an ounce of it in *Bolus*.

Diaphœnicon

Diaphænicon:

TAke the Pulp of Dates cleanſed, and ſteeped in Vinegar, and pulped through a Sive, well evaporated, one pound,
*S*weet Almonds blanched 3 ounces.
To theſe bruiſed and mingled, add
Honey clarified 2 pounds.
Boile them a little, then ſtrew in theſe Powders following;
Turbith finely powdred 4 ounces,
*S*cammony prepared one ounce and an half,
Ginger,
Galanga,
Lignum, Aloes,
Cinnamon,
Mace,
Rue Leaves dryed,
Pepper,
Fennel *S*eed,
Daucus ſeed, of each two drams.
Make an Electurary according to Art,
Half an ounce of this in a Clyſter,
Is good againſt the Cholick.

Diapruniꝭ

SECT. V.

Solutive ELECTUARIES.

Benedictum Laxativum.

℞ Take the Roots of Gummy Turbith,
Of Esula prepared, of each 10 drams,
Hermodactyls,
Scammony prepared,
Leaves of red Roses, of each 5 drams,
Roots of Acorus,
Galanga,
Indian Spicknark,
Ginger,
Saffran,
Mace,
Cloves,
Long Pepper,
Seeds of Smallage,
Sparagus,
Lesser Cardamom,
Caraway,
Fennel,
Grommel,
Kneeholm,
Saxifrage,
Sal Gemmæ, of each one dram,
Honey well skimmed, three times the quantity.

Make an Electuary according to Art.

Take half an ounce, it is good against the Stone, but purgeth strongly. I wish that ignorant people would not meddle with strong Purgatives without the Physitians advice.

Diaprunis solutive.

TAke the Pulp of Prunes that are sharp and sweet, made thick one pound,

Tamarinds,

Cassia dissolved in the decoction of Prunes of each two ounces,

Clarified Sugar 2 pounds,

Stirring them, boile them together till they grow thick, then strew in these Powders following,

Scammony prepared 2 ounces.

Rheubarb one ounce,

Cinnamon half an ounce.

Flowers of Violets,

Red Roses,

Seeds of Cucumbers,

Purslain,

Juice of Licoris, of each 2 drams,

Yellow Sanders,

Gum Tragant, of each 1 dram.

Make an Electuary according to Art.

This purgeth strongly by reason of the Scammony, and is no safe Purge by it self, though i

be commonly used, you may venter upon half an ounce.

Hiera Diacolocynthidos.

TAke Pulp of Coloquintida,
Agarick,
Germander,
Horehound,
Arabian Stœchas, of each ten drams,
Opoponax,
Sagapenum,
Round Birthwort,
Parsley seed,
White Pepper, of each 5 drams,
Cinnamon,
Indian Spicknard,
Poley,
Saffran,
Myrrh, of each 4 drams,
Honey clarified 3 pounds.
Make an Electuary according to Art.
This is only for Clysters, half an ounce will strongly purge gross humours.

Hiera picra of Galen:

TAke clear Aloes ſuccotrina 1 pound, and half
an ounce, or a hundred drams,
Cinnamon,
Lignum Aloes,
Roots of Aſarum,
Indian Spicknard,
Saffran,
Maſtick, of each ſix drams,
Honey Clarified, three times as much.
Make an Electuary according to Art.

This ſhould be made with waſht Aloes. It is ſo diſtaſteful that few will uſe it, yet it purgeth the Stomach of cholerick humours.

Lenetivum:

TAke Raiſins cleanſed from the ſtones, two
ounces,
Herb Mercury 3 handfulls,
Freſh Maiden-hair,
Flowers of Violets,
Barley cleanſed, of each one handfull,
Licoris Roots ſcraped,
Fennel ſeed, of each half an ounce,
Jujubes,
Sebeſtens, of each 20.

Pruner

Prunes,
Tamarinds, of each 1 ounce,
Fresh roots of Polypod of the Oak,
Clean Senna Leaves, of each two ounces,
Boile them according to Art in a sufficient quantity of water, and add to the Liquor streined,
Pulp of Cassia,
Tamarinds,
Prunes, of each 4 ounces,
White Sugar 1 pound,
The best Honey half a pound,
Senna Leaves cleansed 3 ouuces and half,
Annisced 3 drams,
Make an Electuary according to Art.
Of this a weak body may take 6 drams, or an ounce, it purgeth gently and safely.

Of the Juice of Roses :

TAke the Juice of fresh damask Roses Clarified.
White Sugar, of each 1 pound and half.
Boile them according to Art, and about the end strew on,
Scammony prepared, 1 ounce and half,
Of all the Sanders,
Cinnamon well powdered, of each 2 drams,
Make an Electuary according to Art.
This is a strong Purgative, and not fit to take by it self.

SECT. VI.

OF

ANTIDOTES

AND

OPIATS.

Treacle of Andromachus the elder.

TAke Trochisks of Squils 6 ounces,
Of Vipers,
Magma of Hedychroum,
Opium prepared,
Long Pepper, of each 3 ounces,
Roots of Orris Florentine,
Agaric white and light,
Cinnamon,
Scordium of *Crete*, or of our own Country,
Red Roses,
Seeds of Rapes, or Turneps,
Oyle of Nutmegs by expression, for *Opobalsamum*,
Juice of Licoris, 1 ounce and half,

Roots

Roots of sweet Costus,
Five leaved Grass,
Raponticum, or for want of that Rheubard,
Indian Spicknard,
Ginger,
Cassia lignea,
Leaves of Dittany of *Crete*,
Mountain Calamint,
Horehound,
Camels Hair,
Arabian Stœchas,
English Saffran,
Pepper white, and black,
Seeds of true Macedonian Parsley,
Myrrh,
Male Frankinsence,
Cyprus Turpentine, of each 6 drams,
Roots of Acorus, or of our own sweet Cane,
Gentian,
Meu Athamanticum,
Phu, or Valerian,
Celtick Spike,
Leaves of Germander,
Ground Pine,
Bays for Malabathrum,
White Mountain Poly,
Fresh Juniper Berries, for *Carpo balsamum*,
Seeds of Bishops Weed,
Anniseeds,
Cardamom the less,
Fennel,
St. Johns Wort,

Seſely of Maſſilia,
Thlaſpis,
Garyophilly of Plinie, for Amomum,
True bole Armeniac, for Terra lemnia,
Vitriol calcined untill it be of an Aſh colour,
Gum Arabick checquerd,
Sagapenum,
True Styrax calamita,
Juice of Hypociſtis,
True Acacia, of each half an ounce,
Roots of ſmall Birthwort,
Seeds of Daucus of *Crete*,
Opoponax,
Galbanum,
Caſtoreum,
Bituumen of *Judæa*, of each two drams, the beſt Canary Wine what may ſuffice to diſſolve the Gums and Juices,
Honey of *Narbon*, three times the quantity,
Make an Opiat according to Art.

Half a dram, or a dram of this, according as the Patient is, is a good Cordiall in ſickly times to make one ſweat.

Mithridate of Damocrates,

TAke Engliſh Saffron,
Myrrh,
Male Frankincenſe,

Ginger

Ginger,
Agarick white and light,
Indian Spicknard,
Cinnamon,
Seeds of Treacle, Mustard, of each ten drams.
Sesely of Marseilles,
Sweet Costus,
Bay leaves, for Malabathrum,
Camells Hair,
Arabian Stæchas,
Long Pepper,
Castoreum,
Storax calamita, not sophisticate,
Galbanum,
Opoponax,
Juice of Hypocistis,
Cyprus Turpentine,
Oyle pressed out of Nutmegs, for Opobalsamum, of each 8 drams,
Cassia lignea,
White Poley Mountain,
Scordium of *Crete*, or of our own Country,
White Pepper,
Juniper Berries, for Carpobalsamum,
Seeds of Daucus of *Crete*,
Bdellium,
Troches Cyphei, of each 7 drams,
Roots of Gentian,
Spica celtica,
Dittany of *Crete*,
Seeds of true Macedonian Parsly,
Grains of Paradice,
Fennel,

Red

Red Roſes,
Gum Arabick Checquerd,
Opium prepared, of each 5 drams,
Roots of true Acorus,
Aſarum,
Phu, or Valerian,
Anniſeed,
Sagapenum, of each 3 drams,
Meu Athamanticum.
Seeds of St. Johns Wort,
True Acacia,
Of the Belly of Land-Crocodiles, of each 2 drams and half,
The beſt Canary Wine, what is ſufficient to diſſolve the Gums and the Juices,
Honey of *Narbon* three times as much,
Make an Opiate according to Art.

This is of the ſame nature with the former, but not altogether ſo ſtrong, you may take a dram to provoke Sweat.

Diaſcordium of Fracaſtorius.

TAke dried Leaves of Scordium,
Red Roſes, of each one ounce,
True bole Armeniac 2 ounces,
Roots of Biſtort,
Gentian,
Tormentill,
Caſſia lignea,
Cinnamon,

Dittany

Dittany of *Crete*,
Sorrel seed,
Storax calamita,
Galbanum,
Gum Arabick checquerd, of each half an ounce,
Opium prepared,
Ginger,
Long Pepper, of each 2 drams,
Clarified Honey 3 pounds,
The best Canary Wine what is sufficient.

Make an Opiat according to Art.

One dram of this is very good against the Measels and small Pox.

Theriaca Diatessaron of Mesueus.

TAke Roots of round Birthwort,
Gentian,
Bay Berries,
Myrrh, of each two ounces,
Clarified Honey two pounds,

Make an Electuary according to Art.

This may be taken as an Antidote, but I hold it more fit for an Injection to cleanse Wounds.

Confectio

Confectio Alkermes.

TAke the Syrup of the Berries of skarlet Oak, brought to
Montpeiller, or Lyons, 2 pounds and half, heat it, and add to it,
Ambergreise cut very small 2 drams, the Amber being melted, strew in these things that follow in powder,
Lignum Aloes,
Cinnamon, of each 6 drams,
Lapis Lazuli prepared,
Pearls prepared, of each 2 drams,
Leaves of Gold 1 dram,
Make an Electuary according to Art,
Take half a Scruple, or a *Scruple*, with other things, because it is so impleasant by it self: it cheers the Heart and Spirits.

Confection of Jacinths.

TAke Jacinths,
Red Corall, of each half an ounce,
True bole Armeniac 1 ounce,
Berries of Kermes,
Roots of Tormentill,
White Dittany,
Seeds of Sorrell,
Lemmons,
Purslain,

Purslain,
Leaves of red Roses,
Saffran,
All the Sanders,
Shavings of Ivory, of each 4 Scruples,
Hearts-horn 3 drams,
Saphir,
Emrald,
Topas,
Pearls,
Raw Silk,
Gold,
Silver Leaves, of each 2 Scruples,
Syrup of Lemmons what may suffice.

Make an Electuary according to Art.

This is a great Cordiall and cools the body, take half a Scruple.

Philonium of Mesues:

Let not common people meddle with Op advice.

TAke Seeds of white Henbane,
White Pepper, of each 20 dra.
Opium prepared, 10 drams,
Saffran 5 drams,
Roots of Pellitory of *Spain*,
Indian Spicknard,
Castoreum, of each 1 dram,
Clarified Honey three times as much.

Make an Opiat according to Art.

This

This and that which follows are to provoke sleep, but they are not to be given at all times, nor to all persons.

Requies of Nicolaus.

TAke red Rose-leaves,
Violets, of each 3 drams,
Seeds of white Henbane,
Lettice,
White Poppy,
Purslain,
Feu Seed,
Endive,
Bark of Mandrake Roots,
Opium prepared,
Ginger,
Nutmeg,
Cinnamon, of each 1 dram and half,
All the Sanders,
Spodium of burnt Ivory,
Gum Dragant, of each 2 Scruples,
Clarified Honey thrice as much,
Make an Opiat according to Art.

SECT. VII.

OF

POWDERS.

Purging Powders.

Diasenna of Montagnanus.

TAke Senna Leaves cleansed 2 ounces,
Cremor Tartar half an ounce,
Sweet Fennel seed 2 drams,
Mace,
Cinnamon,
Sal gemmæ, of each 1 dram.
Make a Powder,
You may take 1 dram, and it purgeth gently.

Diaturbith with Rheubarb.

TAke Turbith that is gummy,
Hermodactils, not eaten with Worms,
Choice Rheubarb, of each 1 ounce,
Scammony

Scammony prepared, half an ounce,
Sanders white and red,
Ginger,
Violets, of each 1 dram and half,
Maſtick,
Anniſeed,
Cinnamon,
Engliſh Saffran, of each half a dram,
Make a Powder,

This purgeth too, and is ſtronger then the former.

Hiera ſimple of Galen:

TAke clear Aloes Succotrina, a hundred drams,
Cinnamon,
Lignum Aloes,
Roots of Aſarum,
Indian Spicknard,
Saffran,
Maſtick, of each 6 drams.
Make a Powder.
See the Electuary.

Aromatick

Aromatick Powders.

Aromaticus Rosaceus Gabrielis.

TAke red Roses 15 drams,
Scraped Licoris 7 drams,
Choice Cinnamon 5 drams,
Lignum Aloes,
Yellow Sanders, of each 5 drams,
Gum Arabick,
Dragant,
Mace,
Cloves, of each two drams and half,
Indian Spike,
Nutmegs,
Grains of Paradice,
Galanga, of each one dram,
Make a Powder,

These Powders are not taken by themselves, but some 10 or 20 Grains with other Ingredients, as the Cause is.

Diacalaminthes.

TAke the herb Mountain Calamint,
Origanum.
Penniroyall,
Seeds of Macedonian Parsley,

Common Parſley,
Seſeli, of each 2 drams,
Smallage,
Tops of Thyme, of each half an ounce,
Black Pepper,
Lovage ſeed, of each one ounce.

Make a Powder.

This is good againſt the wind, and to provoke the Terms.

Diagalanga of Meſues:

TAke Roots of Galanga,
Lignum Aloes, of each 6 drams,
Roots of ſweet Calamus,
Ginger,
Cinnamon,
Mace,
Cloves,
Pepper, white, long,
Seeds of Cummin,
Lovage,
Outward Orange Pills,
Citron Pills the outſide dried, of each one dram and half,
Herbs, Calamint,
Mints dried,
Indian Spicknard,
Anniſeed,
Smallage Seed,
Grains of Paradice,

Caraway

Caraway,
Fennel, of each one dram.
Make a Powder.
This helps Concoction.

Diaireos simple:

TAke roots of Orris Florentine half an ounce,
White Sugar-Candy,
Powder Diatragacanthum frigidum, of each 2 drams.
Make a powder.
This is good against a Cold.

Dialacca the greater:

TAke Lac prepared,
Rheubarb,
Camels Hair, of each three drams,
Roots of round Birthwort,
Asarum,
Costus,
Gentian,
Madder,
Indian Spike.
Cassia lignea,
Cinnamon,
Saffran,

Herbs, Savin,
Hyssop,
Juice of Wormword condensed,
Of water Eupatory condensed,
Bitter Almonds,
Seeds of Bishops Weed,
Annisseed,
Smallage,
Fennel,
Bdellium,
Mastick,
Myrrh, of each 1 dram and half,
Pepper,
Ginger, of each 1 dram,
Make a powder.
This is good for the *Liver* and the Spleen.

Diamargariton frigidum:

TAke clear Perls 3 drams,
Lignum Aloes,
All the Sanders,
Cinnamon,
The four lesser cold Seeds,
White Poppy seeds,
Myrtill Berries,
Flowers of Bugloss,
White-water Lillies,
Red Roses,
Violets,
Hearts-horn raw, for the Bone in the Stags Heart, Rasings

Rasings of Ivory, of each 1 dram,
Corall, white and Red, of each half a dram,
Make a powder.

This is a great Cordiall, and cooles the body.

Diambra of Mesues:

TAke roots of Doronicum Romanum.
Galanga.
Cinnamon.
Cloves.
Nutmegs.
Mace.
Bay Leaves for Malabathrum, of each three drams.
Ginger 1 dram and half.
Lignum Aloes.
Yellow Sanders.
Grains of Paradice.
Long Pepper, of each two drams.
Indian Spike.
Ambergreise, of each 1 dram.
Make a powder.

This is good for old people, and helps the Brain and the Sences.

Dianthos of Nicolaus:

TAke flowers of Rosemary 1 ounce,
Red Roses.
Violets.
Licoris roots scraped, of each 2 drams.
Galanga.
Zedoary.
Ginger.
Lignum Aloes.
Cinnamon.
Cloves.
Nutmeg.
Mace.
Indian Spike.
Seeds of Dill,
Annisseeds,
Grains of Paradice, of each 4 Scruples.
Make a Powder.

This is good for the Head, and against Palsies.

Diarrhodon Abbatis:

TAke red Roses 1 ounce and half.
Sanders white and red, of each 2 drams and half.
Lignum Aloes,
Gum Arabick.

Dragant,

Dragant.
Spodium of Ivory, of each 2 Scruples.
Roots of Azarum.
Rheubarb.
Indian Spike.
Cinnamon,
Saffran.
Cloves.
Barberries.
Seeds of Sorrel.
Annifeed.
Grains of Paradice.
Endive.
Fennel.
Lettice.
Basil Purslain.
Wild Endive.
Juice of Licoris.
Mastick, of each 1 scruple.
Harts-horn raw.
White Perls, of each half a scruple.
Make a powder.
This is very Cordiall.

Diatragacanthum frigidum :

TAke white Gum dragant half an ounce.
Gum Arabick checquerd, 2 drams and half,
White Starch 1 dram.
Licoris roots scraped.

Seeds of Citrulls.
Cucumbers.
Goards.
Melons cleanſed, of each half a dram.
White Sugar-Candy ſix drams.
Make a Powder.

It is good againſt hot diſtillations.

We have preſcribed but a ſmall quantity, becauſe the compoſition, by reaſon of the greater cold ſeeds, in three months time grows rank and unpleaſant, and for that reaſon we have left them out alſo in the other Compoſitions.

Diatriaſantalon Nicolai:

TAke of the three Sanders.
Red Roſes.
White *Sugar*-Candy.
Seeds of Lettice.
Purſlain.
White Endive, of each 3 drams.
Rheubarb.
Spodium of Ivory.
Juice of Licoris, of each 2 drams and half.
Gum Arabick.
Dragant.
White *Starch*, of each 1 dram and half.
Make a Powder.

This is Cordiall, cooling, and binding.

Pulvis

Pulvis Liberans.

TAke true bole Armeniac 6 drams,
Roots of Tormentill 2 drams,
Seeds of Sorrel,
Carduus benedictus,
Citrons,
Coriander prepared,
Endive,
Rue, of each 1 dram and half,
Of all the Sanders,
Roots of white Dittany, of each 1 dram,
Avens for *Behen*,
Roman doronicum,
Zedoary,
Lignum Aloes,
Cassia lignea,
Cinnamon,
Grains of Paradice,
Flowers of Bugloss,
Saffran,
Mace,
White-water Lilly Flowers,
Roses,
Pearls,
Corall white and red,
Amber,
Jacinth,
Granats,
Shavings of Ivory,
Harts-horn,

Spodium

Spodium of burnt Ivory,
Silk Cases raw cut out in peices, of each half a dram.

This is very good in contagious Diseases, and malignant Feavers.

Pulvis Nephriticus.

TAke of true Nephritick Wood,
Licoris roots scraped,
Peach Kernels, of each 1 ounce,
Grommel seed, and
Saxifrage, of each half an ounce,
Seeds of Smallage,
Caraway,
Daucus,
Fennel,
Broom,
Greater Burdock,
Lovage,
Macedonian Parsley,
Siler Mountain,
Roman Nettles,
Roots of Asarum,
Ginger, of each two drams,
Indian Spike,
Sassafras Wood,
Camels Hair,
Amber,
Crabs-Eyes, of each 1 dram and half,

Lapis

Lapis prunellæ,
Tartar vitriolated, of each two drams and half,
Make a powder.

This is prepared as a Jewel to cure the Stone in the Kidneys.

Chymicall Powders.

Cremor tartar.

TAke white Rhenish Tartar, washed severall times, as much as you please.
Boile it at a gentle fire with a sufficient quantity of water in a glased earthen Vessell, untill there appear a Skin upon the Superficies, which must be skimmed off with a Skimmer of wood, and being dried upon a brown paper, must be powdred, and kept in a Glass.

Crystals of Tartar.

TAke white Rhenish Tartar made into powder, and often washt as much as you will: Let it boile with much water, let it be streined according to Art, & then exposed it to the cold Aire a Night, or longer, and the Chrystalls will

will ſtick to the ſides of the Veſſell, poure out the water and gather them together, dry them, and keep them in a Glaſs.

This and the former purge Flegm, and quicken the Purgatives being added to them.

Tartar Vitriolated.

TAke Oyle of Tartar made by Deliquium and purified, as much as you pleaſe.

Poure upon it by degrees in a large Glaſs, half ſo much Oyle of Vitrioll, and it will preſently fall down into a moſt white Subſtance, which, the Liquor that ſwims above it being reſolved by a gentle fire, muſt be reduced to the drineſs of Salt.

This is a great Opener of Obſtructions.

A Scruple is the Doſe.

Flower of Brimſtone.

TAke yellow Brimſtone cleanſed from filth, as much as you pleaſe, put it into an earthen Veſſell, and ſublime it in the Sand, into another Veſſell ſet over it, and luted to it.

It is good in a Lohoch againſt Conſumptions of the Lungs.

Lapis

Lapis prunellæ.

TAke pure Salt peter, as much as you please. Let it be red hot and run in a Crucible, when it is melted cast in at severall times a little quantity of flour of Brimstone, that the Salt peter may appear clear and purged from its foulness, then poure it forth into another Vessell, that it may congeal into a chrystall Stone, which you shall dissolve in boyling water; when it is dissolved, you shall filter it through a Wine Bay, or brown Paper, with Linnen under it, and then you shall congeale it in a cold place, when it is congealed, you shall melt it again in a Crucible, and purifie it again with flower of Brimstone as before: and you shall go over it thus three times at least.

This is seldome made so exactly as is here prescribed, it is good in a Gargarisme for a sore Mouth.

Magisteriall of Corall, Pearls, and Crabs-Eyes.

TAke of Corall, or Pearls, or Crabs-Eyes of the River finely powdred, 1 ounce,
Poure upon them in a large Violl, as much distilled Vinegar as shall be sufficient, and they will presently boile of themselves; when they boile

boile, the clear Liquor that ſwims on the top, muſt be filtred through a brown Paper, and muſt be evaporated in a Porcellan Diſh, ſtil ſtirring it with a ſmall ſtick of wood, untill ſuch time as the powder becomes white, and will diſſolve: This muſt be again diſſolved in Borrage water, muſt be filtred and ſtreined, and evaporated.

Theſe are all good in Cordialls.

Mercury precipitate.

TAke Quickſilver one part,
Aquafortis two parts,
Diſſolve them in a Glaſs Violl upon warm Embers, untill they be mortified, then evaporate them at a ſtrong fire untill they grow dry.

It is good to cure old Ulcers, and to eat away dead fleſh.

Salt

Salt of Wormwood.

Carduus benedictus.

Beans.

THe Herbs dryed are calcined to white Ashes, and the Salt of them is extracted by hot water, and a Lye is made, which must be filtrated, and by a gentle heat of Coles must be dryed to a Salt; which that it may be more pure, must be dissolved again, filtred, and coagulated.

All Salts are of the nature of the things they are made of.

SECT.

SECT. VIII.

OF

TROCHERS.

Agarick trochiſcate:

TAke the whiteſt and light Agarick 3 ounces, with a ſufficient quantity of Canary Wine, wherein two drams of Ginger are infuſed, let them be made into Trochers according to Art.

Uſed in Compoſitions to purge Flegm.

Rhazis white Trochers, or white Sief:

TAke Ceruſs waſht with Roſewater 10 drams,
White Starch 4 drams.
Gum Arabick.
Dragant, of each 2 drams.
Camphyre half a dram.
With the White of an Egg make Trochers.

If

If you will have them with Opium, add one dram of it. It is good in a Collyrium for sore Eyes, and is good for injection into the Yard.

Trochers Alhandal.

TAke the Pulp of Coloquintida, that is white and light and purged from the Seeds, cut also very small, and powdred with a sufficient quantity of Oyle of Roses, 10 drams.

Gum Arabick,
Dragant,
Bdellium, of each 6 drams.

All these being powdred, extract from a quantity of Gum Tragant, with Rosewater, so much Mucilage that the rest of the powders may be conveniently made up into a Past with it, thereof make Trochers, and dry them in the shade.

This is the best preparation of Coloquintida, and is safe with other Medicaments joyned to it.

Trochers of Alkekengi.

TAke winter Cherries 3 drams,
True bole Armeniac 1 ounce,
Gum Arabick,
Dragant,
Dragons blood in drops,

Frankincense,
White Starch,
Juice of Licoris,
Bitter Almonds,
Pine Kernels,
White Poppy seed, of each 6 dram,
Citrulls,
Gourds,
Melons, of each 3 drams and half,
Smallage,
Henbane,
Amber,
Opium prepared of each 2 drams,
With Juice of Winter Cherries, make Trochers.
Good for Ulcers of the Bladder.

Trochers bechici albi.

TAke the whitest Sugar 1 pound,
White Sugar-Candy,
Sugar Pellets, of each 4 ounces,
Orris Roots 2 ounces,
White Starch 1 ounce and half.

With the Mucilage of white Gum dragant drawn with Rosewater sufficient, make small Trochers.

You may let one dissolve in your Mouth when the Cough troubles you.

Trochers

Trochers of Capers.

TAke the Rinds of Caper roots,
Gum Ammoniac,
Seed of Agnus castus, of each 6 drams,
Cresses,
Gith,
Leaves of Calamint,
Rue,
Roots of Acorus,
Round Birthwort,
Bitter Almonds,
Juice of water Agrimony condensed of each 2 drams,
Roots of round Cyperus,
Leaves of Ceterach, of each 1 dram.

Make Trochers with the first, and Gum Ammoniac dissolved in Vinegar.

These are good against Diseases of the Spleen.

Trochers Cypheos for Mithridate.

TAke the Pulp of white fat Grapes pressed forth,
Cyprus Turpentine, of each 3 ounces,
Myrrh,
Camels Hay, of each 1 ounce and half,
Cinnamon half an ounce,
Roots of true Acorus 9 drams,

Round Cyperus,
Indian Spike,
Cassia lignea,
Juniper Berries,
Bdellium, of each 3 drams,
Lignum Aspalathum, or Aloes, 2 drams and half,
Saffran 1 dram,
The best clarified Honey, and Canary Wine, what is sufficient of each,
To make Trochers,

These are a Part of the Composition of Mithridate, and are not made to take by themselves.

Trochers Hedychroi of Galen to make Theriac.

TAke Lignum Aspolathum, or yellow Sanders,
Herbs, Marjoram,
Marjoram of Syria,
Roots of Asarum, of each 2 drams,
Acorus,
Sweet Costus,
Pontick Phu,
Lignum Aloes,
Cinnamon,
Camells Hay,
Oyle of Nutmegs, of each 3 drams,
Cassia lignea,

Indian

Indian Spicknard,
Bay-leaves,
Saffran,
Myrrh, of each six drams,
Pliny his Cloves 1 ounce and half,
Mastick 1 dram,
Canary Wine what is sufficient.
Make Trochers, dry them in the shade, and annoint them with the foresaid Oyle.
These belong to *Theriaca Andromachi.*

Trochers of Myrrh.

TAke choice Myrrh 3 drams,
Lupines cleansed 5 drams,
Madder Roots,
Leaves of wild Mints,
Dittany of *Crete*,
Rue,
Cummin seed,
Asa fœtida,
Sagapenum,
Opoponax, of each 2 drams,
With Juice of Mugwor, make Trochers.
These provoke the Terms,

Trochers of Rheubarb.

TAke choice Rheubarb 10 drams,
Juice of water Agrimony thickned, half an ounce,

Red Roſes 3 drams,
Roſes of Aſarum,
Madder,
Indian Spike,
Leaves of Wormwood,
Anniſeed,
Smallage ſeed, of each one dram,
Bitter Almonds half an ounce,
With Juice of Roman Wormwood make Trochers.

Theſe ſtrengthen the Liver,

Trochers of Squils for Theriac.

TAke the whiteſt freſh Squill Root, without the ſhelly part, or woody Root.

Knead it and ferment it in a wheat Dow that is leavened, then roſt it in the Aſhes, or in an Oven, until ſuch time as the Lump is covered all over with a very hard Cruſt, and a little ſtick of wood will eaſily run into the body of the Squill through the cracks in the Paſt, then take away the cruſty Paſt from it, and take off the Pulp of the Squill careſully made equall, one pound,

Meal of Orobus of Lupines, 8 ounces.

Mingle and pound them together, and make ſmall Cakes of them to be dryed in the ſhade.

Theſe belong to the Compoſition of *Theriac.*

Trochers

Trochers of Terra sigillata.

TAke *Terra sigillata*, or for it, true bole Armeniac half an ounce,
True Acacia,
Hypocistis,
Dragans blood in drops,
Gum Arabick tosted,
White Starch tosted,
Blood-stone,
Red Corall,
Amber,
Spodium of Ivory,
Balaustia,
Red Roses.
Rose seeds,
Purslain Seeds tosted,
Cypress Nuts,
Burnt Hearts-horn,
Male Frankinsence,
Saffran,
Opium prepared, of each two drams.
Black Poppy seeds,
Pearls,
Gum Tragant, of each 1 dram and half.
With Juice of Plantain make Trochers.
These are astringent and used *ad Gonorrhœam*.

Trochers of Vipers for Theriac.

THey must be had from *Venice*, or *Padua* in *Italy*, or from Poictiers in *France*.
The Title shews their use.

SECT. IX.

OF

PILLS.

Pills Alophanginæ:

TAke Roots of Acorus,
Asarum,
Indian Spike,
Lignum Aloes,
Yellow Sanders,
Cinnamon,
Mace,
Nutmegs,
Cloves,
Carpobalsamum, or Juniper Berries,
Cabebs,
Grains of Paradice,
Camels Hay, of each half an ounce,
Red Roses,
Wormwood, of each 2 drams,
Draw from these in a close Vessell, a Tincture with a Spirit of Wine, in which dissolve of the purest clear Aloes 1 pound.

Then upon hot Embers gently dry all to the

e consistence of Pills, adding about the end,
Mastick,
Myrrh in powder, of each half an ounce.
Saffran two drams,
Make a Mass.
These Pills are very safe and gentle, take 1 scruple when you go to Bed.

Pills of Agarick:

TAke Agarick in Trochers 3 drams,
Gummy Turbith 5 drams,
Powder of Hiera simple of *Galen* halfe an ounce,
Trochers Alhandal,
Myrrh of each 2 drams,
Mastick,
Roots of Orris Florentine,
Leaves of Horehound, of each one dram.
With Canary Wine make it a Mass.
They purge strongly, take not above one Scruple.

Pills Aureæ:

TAke clear Aloes,
Scammony prepared, of each 5 drams,
Red Roses,
Seeds of Smallage, of each 2 drams and half,
Annis seeds

Anniſeed,
Fennel ſeed, of each 1 dram and half,
Saffran,
Maſtick,
Trochers Alhandal, of each 1 dram,
With Honey of Roſes make a Maſs,
Theſe purge as the former, take but a ſmall quantity.

Cochie Pills:

TAke powder of Hiera ſimple of *Galens*, ten drams,
Trochers Alhandal 3 drams and half,
Scammony prepared 2 drams and half,
Gummy Turbith,
Flowers of Stæchas, of each 5 drams,
With Syrup of Stæchas make a Maſs,
Theſe purge the head exceedingly, be not too bold with them.

Pills of Hounds-tongue:

TAke roots of Hounds-tongue dryed,
Seeds of white Henbane,
Opium prepared, of each half an ounce,
Myrrh 6 drams,
Male Frankincenſe 5 drams,

Saffran

Saffran,
Castoreum,
Storax calamita, of each 2 drams,
Make a mass with Rosewater,
This is an Opiate to make one sleep, but some suppose Hounds-tongue to have an ill quality.

Pills of extract Catholicum:

TAke Pulp of Coloquintida 6 drams,
White Agarick,
Black Hellebour,
Powder of Diairhodon Abbatis, of each half an ounce.
Draw a Tincture out of these with the Spirit of Wine, strein it, and add to it the powder of,
Clear Aloes, 1 ounce,
Scammony prepared half an ounce,
Evaporate it to the consistence of an Extract.
This is a well prepared Pill, you may take one Scruple if you be strong.

Pills fœtidæ the greater of Mesues:

TAke Troches Alhandal,
Pure Aloes,
Ammoniacum,
Opoponax,
Sagapenum

Sagapenum,
Myrrh,
Epithymum,
Rue ſeed, of each 5 drams,
Scammony prepared 3 drams,
Root of Gummy Turbith 4 drams,
Eſula the leſs,
Hermodactyls, of each 2 drams,
Ginger 1 dram and half,
Indian Spike,
Cinnamon,
Saffran,
Caſtoreum, of each 1 dram,
Euphorbium 2 ſcruples,
With the Juice of Leeks make a Maſs,
These may ſerve alſo for Pills of Hermodactyls.
One ſcruple is the Doſe.

Pills of Hiera with Agarick:

TAke *Galens* Powder, Hiera ſimple.
Agaric Trochiſcate, of each half an ounce,
Cleare Aloes 1 ounce,
With Honey of Roſes make a Maſs.
You may take half a dram.

Pills of Lapis Lazuli of Mesues

TAke Lapis Lazuli powdred, and often washed, 6 drams,
Epithymum,
Roots of black Hellebour,
Agaric trochiscate, of each 1 ounce,
Scammony prepared,
Sal gemmæ, of each 2 drams and half,
Cloves,
Anniseeds, of each half an ounce,
Galens Powder, Hiera simple 15 drams.
With Juice of Fumitary make a Mass.
These are good for Melancholy frantick people that require strong Purgatives.

Pills of Laudanum opiatum:

TAke pure Theban opium dissolved in Spirit of Wine, a little boiled and streined, one ounce,
Mingle it with the Tincture drawn with Spirit of Wine.
With half an ounce of the powder Diambra, evaporate them to the consistence of Pills, adding about the end,
English Saffran 1 dram,
Castoreum half a dram,

Keep

Keep this Mass for your use.

This is an Opiate to cause rest; but the preparation of Opium ought to be with distilled Vinegar, and then it is more effectuall.

Pills of Mastick:

TAke Mastick half an ounce,
Agaric in Trochers 3 drams,
Clear Aloes 10 drams.
With Juice of Wormwood make a Mass.

These are stomach Pills, you may take halfe a dram.

Pills of Nitre of Alex: Trallianus:

TAke Salt peter purified,
Euphorbium powdred, of each 1 dram,
Scammony prepared,
Trochers Alhandal,
Black Hellebor Roots,
Clear Aloes,
Myrrh,
Gum Arabick of each two drams.
With Juice of Coleworts and boild Honey, make a Mass.

You may take a scruple, but it is very strong, and must be warily dispersed.

Common

Common Pestilentiall Pills.

TAke clear Aloes 2 ounces,
Myrrh 1 ounce,
Saffran half an ounce,
With Canary Wine, make a Mass.
Take a scruple of their Pills, they are Cordial as well as purgative.

Pills sine quibus.

TAke clear Aloes 14 drams,
Scammony prepared 6 drams,
Agarick trochiscate,
Rheubarb,
Senna leaves cleansed, of each half an ounce.
Citron Myrobalans 2 drams,
Herb Wormwood,
Flowers of Violets,
Red Roses,
Dodder,
Mastick,
Sal gemmæ, of each 1 dram.
With Juice of Fennel and Eybright make a Mass.
You may take half a dram, and they are very good against Ophthalmies, and Diseases of the Eyes.

SECT.

SECT. X.

OF

OYLES.

Oyles by expreſſion.

Oyle of ſweet Almonds:

TAke dryed ſweet Almonds not rank, as many as you pleaſe, beat them very ſmall and put them into a ruff hempen Cloth, and without fire by degrees preſs out the Oyle.

Take an ounce, it is effectuall againſt Excoriations of the ſtomach and Inteſtins.

Oyle of bitter Almonds

IS approved againſt Deafneſs, and ſinging in the Eares.

Oyle of Bays ſpeciall, that is brought from the fortunate Iſland

Of

Mace,
Walnuts,
Nutmegs,
Eggs,
Ripe Olives,
Unripe or soure Olives.

Of dates that come from the Indies, and from *Guine*.

Of Rocket Seed,
Henbane,
Linseed,
Gith,
Poppy.

The preparation of all these is well known, and therefore needs not be set down here.

Nor need I trouble the Reader with the use, it being so common and generally known to all.

Oyles by Infusion and Decoction.

Oyle of Wormwood.

TAke the tops of green Wormwood, cut and bruised, 4 ounces,
Unripe Oyle of Olives 3 pounds.

Infuse them fifteen daies in a Glass in the Sun, or in some hot place, thrice changing the infusion of the Wormwood, and adding to the last infusion,

Juice of Wormwood 4 ounces.

Boile them easily to the consumption of the Juice.

It is good to annoint the Belly and Stomach to kill Worms.

Oyle

Of Dill, made of the Leaves and Flowers.

Of Chamomil from the Flower.

Of Quinces, from Quince Aples unpared, and unripe Oyle Olive.

Of St. Johns Wort, of the tops and flowers.

Of Wall-flowers, from the yellow flowers.

Of white Lillies from the Flowers.

Of Marjoram.

Of curld Garden Mints with sour Oyle.

Of Nip.

Of white-water Lillies, from the white flowers and unripe Oyle.

Of Roses compleat, of open Roses and ripe Oyle.

Soure oyle of Roses, of red Roses, not yet fully opened, and unripe oyle Olives.

Of Rue.

Simple oyle of Scorpions, with oyle of bitter Almonds.

Of Nightshade, from the Leaves and Berries, with unripe oyle of Roses.

Of sweet Trefoly, from the Leaves and flowers.

Of Violets, from the Flowers and unripe Oyle.

Of Mullens, from the Flowers and ripe Oyle.

The

The Composition of all these is past over, as well known to Apothecaries.

And it will be impertinent to set down their use.

Oyle of Capers.

TAke the Bark of Caper roots 1 ounce,
Of Tamarisk,
Roots of Cyperus,
Seeds of Agnus castus,
Leaves of Ceterach, of each 2 drams,
Rue 1 dram,
Wine Vinegar,
The best Wine, of each 2 ounces,
Ripe Oyle 1 pound.

Boile them in a double Vessell untill the Wine and Vinegar be spent, strein and press all our.

Very good to annoint the Spleen that is diseased.

Oyle of Castoreum.

TAke Castoreum,
Storax calamita,
Galbanum,
Opoponax,
Euphorbium,
Cassia lignea,

Roots of Costus,
Cyperus,
Pellitory of *Spain*,
Indian Spike,
Leaves of Savin,
Saffran,
Camels hay,
Cubebs,
Long Pepper,
Black Pepper, of each 2 drams,
Oyle 3 pounds,
Sweet scented Wine 2 pounds.

Bruise what must be bruised, and steep them all in Wine 24 hours

Boile them with Oyle in a double Vessell till the Wine be consumed.

Strein and press all forth.

This is good against Deafness.

Oyle of Saffran for the Plaster of Frogs:

TAke English Saffran,
Cardamoms,
Roots of Acorus, of each 1 ounce,
Myrrh half an ounce.

Infuse them in Vinegar six daies, then add oyle of Olives 1 pound and half.

Boile all at an easie fire untill the Vinegar be spent, then strein and press all out.

This

This was made as a preparation to *Vigos* Plaster against *Nods* proceeding from *Lues Veverea.*

Oyle of Euphorbium.

TAke Euphorbium half an ounce,
Oyle of Wall-flowers.
Sweet scented Wine, of each 5 ounces.
Boile them untill the Wine be consumed.
Good against Palsies,

Oyle of Orris Roots:

TAke fresh Roots of Orris bruised, halfe a pound, of the Flowers of the blew Orris, being fresh, 1 pound,
Of the Decoction, or Juice of the Roots of Orris 1 pound.
Oyle of Olives 3 pound and a half.
Boyle them in a double Vessell untill the Liquor be consumed, strein and press them out.
It ripeneth and digesteth flegmatick humours in the Breast and Lungs, and makes them easie to be spit forth.

Oyle of Earth-worms:

TAke Earth-worms washt in strong White-wine, half a pound,
Oyle Olives 2 pounds,
White-wine 4 ounces,
Let them boile untill the Wine be consumed, Strein and press it forth.

This comforts the Nerves, and is good for pains of the Joynts.

Oyle of Mastick.

TAke choice Mastick 3 ounces,
Oyle of Roses 1 pound.
Sweet scented Wine 2 ounces.
Boile them in a double Vessell untill the Wine be consumed, strein and press it out.

It is very strengthning, and easeth pain.

Oyle of Mucilage.

TAke fresh Roots of Marsh-Mallows cut, 4 ounces,
Of Squils fresh and bruised 1 ounce,
Seeds of Fenugreek,
Linseed whole, of each 1 ounce and half,
Infuse them in a sufficient quantity of water; then

hen boile them easily, untill they give forth a hick and clammy Mucilage. add thereto,

Oyle of Dill,
Chamomil,
White Lillies, of each 16 ounces.

Boile all together untill the water be consumed, tirring them continually that they burn not.

It softneth hard tumours mightily.

Oyle of Myrtils.

TAke dry Myrtil Berries bruised, half a pound,
Unripe oyle of Olives, 1 pound and half,
Soure red Wine, 4 ounces,

Steep them and boile them together untill the Wine be consumed, strein and press them forth.

It is both cooling and binding, and is good against Burns.

Oyle of Spike.

TAke Spicknard 3 ounces,
Leaves of Marjoram 2 ounces,
Bays.
Lignum Aloes,
Roots of sweet Calamus,
Cyperus,
Elecampane,

Cardamoms,
Mace,
Camels Hay, of each 1 ounce and half,
White-wine,
Fair water of each 14 ounces,
Oyle of Olives 4 pound and half.

Boile them in a double Veſſell according to Art, ſtrein and preſs them out.

This heats and diſcuſſeth.

Oyle of Foxes.

TAke a Fox, his Skin pulled off, and his Entralls taken forth, with his Bones broken and bruiſed, and the fleſh cut ſmall.

Boile him in Sea-water, or ſalt water what is ſufficient, and when he is half boyled, add,

Old Oyle 4 pounds,
Herbs, Dil,
Origanum, and
Thyme, of each half a pound.

Boile all again, untill the fleſh part from the Bones and the water be conſumed, ſtrein and preſs it out.

It is good againſt Pains and Aches of the Joynts proceeding from cold.

Oyle

Oyles by Distillation.

THese are stronger then the former, and must be used with more caution, and in smaller quantities.

Oyle

Of Juniper Berries,
Cloves,
Cinnamon,
Rose-wood,
Mace,
Marjoram,
Nutmegs,
Origanum of *Crete*,
Rosemary,
Spike,
Dill,
Annisced,
Caraway, and
Fennel seed,

All these Oyles are to be distilled in a great Alembick or Copper, according to Art.

Oyle of Orange, or Citron Pills.

TAke the fresh Rinds as much as you please, Infuse them untill they rot, then wich a sufficien

ficient quantity of water, distill them in a Copper Still.

This is warming, but there being such plenty of good Oyle, it may serve to shew you that Oyles may be drawn from many things we have no great use of.

Oyle of Wax.

TAke Wax one part,
Sand 3 parts,
The Wax being melted and mingled with the Sand distill them in a Retort by the degrees of fire.

Dissolves hard tumours, and Hernia of the Intestins, may with ligature be cured by it.

Oyle of Bricks, or the Philosophers Oyle:

TAke old Tyles or Bricks bruised in peeces as much as you please.
Being bruised and made red hot, quench them in old clear Oyle.

When they are well wet, break them into very fine powder, and put them into a Retort, and at open fire distill Oyle from them.

It

It is good against cold Diseases, and is very penetrating.

Oyle of Amber:

TAke white or yellow Amber, what you please.

Fill the third part of the Retort, and distil this by it selfe in Ashes, putting fire to it by degrees.

Good against the Falling-sickness, and Vertigo's.

Oyle, or Spirit of Salt:

TAke the strongest Brine out of Vessells where Salt is kept, let it drop forth so much as you please.

Cast into it old Bricks, or Tyles red hot, and do this often, untill they have drank in a sufficient quantity of the Brine, then put them being bruised into a luted Retort, with a large Receiver, and distill them by the degrees of fire.

This will cause a man to Urine well, and is good against the Stone.

Oyle

Oyle, or Spirit of Brimstone:

TAke Brimstone as much as you please.

Distill it by a Glass Bell in a moist place, and when the Aire is subject to raine.

It is held to be good for the Lungs.

Oyle of Turpentine:

TAke Turpentine what you please.

Distill it in a Copper Still, pouring on plenty of water.

It is good for cold Griefs, but chiefly of the Nerves.

Oyle of Vitriol:

TAke Roman Vitriol calcined, untill it be red, and powdred, what you please.

Distil it in a luted Retort, or an earthen Guord-like Vessell, with a large Receiver. observing the degrees of fire.

A few drops of this give a pleasant tast to a Julip, and cool well in Feavers.

Oyles

Oyle by Defaliance:

Oyle, or Liquor of Guaicum.

TAke Gum of Guaicum what you please.
Dissolve it in a sufficient quantity of a stronger sort of Spirit of Wine, and keep the streined Liquor, casting away the dregs.
This is good against the Lues Venerea.

Oyle, or Liquor of Myrrh:

TAke choice Myrrh in powder what is sufficient.
Put it into the Whites of Eggs boild untill they be hard, and in a moist place, dissolve it into an oylely Liquor, it must be alwaies fresh made.
It is good to make the Skin smooth.

Oyle, or Liquor of Lead:

TAke calcined Lead what you please.
Poure upon it distilled Vinegar, let it infuse, and filter the Tincture through a brown paper, so keep it for your use.
This is good to heal Ulcers.

Oyle

Oyle, or Liquor of Tartar:

TAke calcined Tartar untill it begin to look white, as much as you please.

Powder it and put it into a Wine sack, and hang it over a Dish in a cold and moist place, so it will dissolve and fall into the Glass Vessell set to receive it, and then it must be filtred once more.

Those that are Sun-burnt may use this to good purpose to make them fair,

To these is added,
Naturall Oyle called *Petroleum.*

Oyle of Peter is very penetrating, and must be used in cold Causes.

SECT.

SECT. XI.

OF

UNGUENTS.

Fernelius astringent Oyle:

TAke Oyle of Roses often washt with Allum water, 1 pound and half,
White Wax 4 ounces,
Acacia,
Myrtil Berries,
Balaustia,
Shels of Acorns,
Pomegranates,
Unripe Galls,
Cypress Nuts,
Sumach,
Mastick, of each 1 ounce.

All being well powdred must be steept in the Juice of Medlars and Sloes four daies, then dry them at an easie fire, and with Oyle and Wax make an Unguent according to art.

It is very cooling and binding.

Unguent

Unguent Egyptica.

TAke Verdigrece 5 ounces,
Raw Allum 1 ounce,
Choice Honey 14 ounces,
Strong Vinegar 7 ounces,
Boile them according to art to an Unguent.
It ſerves to cleanſe Ulcers.

Unguent of Agrippa.

TAke freſh Roots of Bryonie 2 pounds,
Wild Cucumbers 1 pound,
Squils half a pound,
Orris three ounces,
Aron,
Dwarf Elder,
Fern, of each 2 ounces,
Very white Wax 15 ounces,
Oyle 4 pounds,
Make an Unguent according to art.
Good to annoint Hydropicall perſons with.

Unguentum album, with Camphyre.

TAke Oyle of Roses 1 pound,
White Wax 3 ounces,
Ceruss 6 ounces,
Camphyre worked up with oyle of Roses, 2 drams.
Make an Unguent according to art.
This cools all hot Inflamations.

Unguent of Marsh-Mallows simple.

TAke oyle of Mucilages 2 pounds,
Yellow Wax half a pound,
Rosin 3 ounces,
Turpentine 1 ounce and half,
Make an Unguent according to Art,
It softneth heats and moistneth.

Unguent of Marsh-Mallows compound.

TAke Oyle of Mucilages 2 pounds,
Yellow Wax half a pound,
Rosin,
Colophonia, of each 3 ounces,

Gums Galbanum,
Ivy,
Turpentine, of each 1 ounce,
Make an Unguent according to art.
This is more effectuall then the former.

Unguent Apostolorum.

TAke Ammoniacum,
Rosin,
Turpentine,
Yellow Wax, of each 14 drams,
Lytharge of Gold 9 drams,
Long Birthwort,
Bdellium,
Male Frankincense, of each 6 drams,
Galbanum,
Opopanax,
Myrrh, of each half an ounce,
Verdigrease 2 drams,
Common Oyle 2 pounds,
Vinegar what is sufficient.
Make an Oyntment according to Art.
It consumes dead flesh, breeds new flesh, and cures Wounds and Ulcers.

Unguent

Unguent of Sowbread, called Arthanita.

TAke of the Juice of the Roots of Sowbread, 1 pound; or for want thereof, so much of the decoction of one pound of the dried Roots of Sowbread cut into small peeces.

Of the Juice of wild Cucumbers,
Cow-butter, of each half a pound,
Oyle of Orris 1 pound,
Roots of Polypod of the Oke 3 ounces,
Pulp of Coloquintida 1 ounce and half,
Euphorbium 2 drams.

Bruising what must be bruised, infuse them all together for some daies, afterwards let them boile gently untill the Juices be consumed, strein and press them out, and in the Liquor pressed forth, melt

Yellow Wax 2 ounces and half.

Whilst these are yet warm, mingle *Sagapenum* dissolved in Vinegar, boiled, streined, and then evaporated to the consistence of an Unguent, 3 drams.

Bulls Gall evaporated to the thickness of Honey, half an ounce.

Lastly, add these following things in fine powder,

Scammony,
Coloquintida,
White Turbith,
Aloes,

Berries of Widdow-wail, of each 2 drams and a half,
Euphorbium,
Myrrh,
Chamomil-flowers,
Long Pepper,
Ginger, of each 1 dram,
Sal gemmæ 2 drams,
Make an Unguent according to art.

It is not much in use I suppose, because of the danger; for it is very strong, and will purge and vomit as it is applyed.

Unguent. aureum.

TAke common Oyle 2 pounds,
Yellow Wax 6 ounces,
Turpentine 2 ounces,
Rosin of the Pine Tree,
Colophonia, of each 1 ounce and half,
Mastick,
Frankincense of each 1 ounce,
Saffran 1 dram,
Make an Oyntment according to art.
This heals Wounds safely and well.

Unguent

Unguent Basilicon, or Tetrapharmacum.

TAke yellow Wax,
Black Pitch,
Rosin, of each half a pound,
Common Oyle 2 pounds,
Make an Oyntment according to art.
This is good to cleanse Wounds, and to take away pain.

Unguent of Lime.

TAke quick Lime, washed according to art, and dried 2 ounces.
Cerus 2 ounces and half,
Lytharge of Gold and Silver, of each three ounces,
Tutty 2 drams,
Oyle of Roses 2 pounds,
Calfs Suet 8 ounces,
Juice of Lettice,
Plantain,
Nightshade, of each 4 ounces,
Unguent of Roses 2 ounces and half,
White Wax what is sufficient.
Make an Unguent according to art.
It is good against Burnings and Scaldings.

Unguent Diapanpholygos.

TAke Oyle of Nightshade 16 ounces,
White Wax 5 ounces,
Ceruss washed 2 ounces.
Pompholyx prepared,
Lead burnt and washt,
Frankincense, of each 1 ounce,
Make an Unguent according to art.
It cools and heals, especially Ulcers of the Legs.

Unguent of Elecampane with, and without Mercury.

TAke roots of Elecampane boild in Vinegar, pounded, pulped, and moderatly dryed one pound,
Old salted Hogs Grease 8 ounces,
Old Oyle 4 ounces,
Quicksilver,
New Wax,
Washt Turpentine, of each 2 ounces,
Common Salt 1 ounce.
Make an Unguent according to art.
Without Mercury it cures Scabs, and if you put Mercury to it then it is proper to cure the French Pox.

Unguent Martiatum.

TAke Herbs, Wormwood,
Southernwood,
Basil,
Calamint,
Centory the less,
Germander,
Garden Costus,
Great Stone-crop,
Marjoram,
Water-Mints,
Cowslips,
Savin,
Sage,
Elder, of each 1 ounce and half,
Bay-leaves,
Rosemary,
Rue, of each 3 ounces,
Seeds, Cummin,
Fennel,
Great Nettle, of each half an ounce,
Bears Grease,
Deers-Suet,
Storax liquid, of each 3 ounces,
Butter 1 pound,
Oyle of Nutmegs by expression, one ounce,
Oyle 4 pounds,
Yellow Wax 1 pound,
Strong Wine what is sufficient,

Let the Herbs be 8 daies steeped in the Wine, and make an Unguent according to art.

Against all cold pains in any part, this may be used effectually.

Unguent Nervinum.

TAke Unguent of Marsh-Mallows 4 ounces,
Fat of Ducks,
Geese,
Dogs,
Cats, of each 2 ounces,
Oyle of Dill,
Chamomil,
Bays,
Worms,
Fox, of each 1 ounce,
Of Euphorbium,
Peter,
Spike,
Turpentine, of each half an ounce,
Spirit of Wine 1 ounce and half,
Wax what is sufficient,
Make a soft Unguent according to art.

The Title shews you that it is good for the Nerves.

Unguent

Unguent Nutritum.

TAke Lytharge of Gold very finely powdred, half a pound,
Oyle of Roses,
Wine-vinegar, of each what may suffice.
Mingle them in a Mortar, and make an Unguent.
It cools very much and cures the Itch.

Unguent for the Eyes.

TAke Lapis calaminaris prepared, 3 ounces,
Tutty prepared 1 ounce,
White Vitriol,
Camphire, of each 2 scruples,
Unguent of Roses 1 pound,
Make an Oyntment according to art.
I need not say more then the Title doth, it is good to annoint the Eye-lids with.

Unguent for the Breast.

TAke fresh Butter 6 ounces,
Oyle of sweet Almonds 4 ounces,
Of Chamomil and Violets,

Violets, of each 3 ounces,
Fat of Ducks, and
Hens, of each 2 ounces,
Orris Roots, 1 ounce,
White Wax 3 ounces,
Make an Unguent according to art.
It eaſeth pains of the Breaſt.

Unguent Pomatum.

TAke freſh Hogs Suet cleanſed from the films, and waſht in White-wine,
Sheeps Suet waſht in White-wine, of each 1 pound,
Pomwaters cleanſed and boyled in Roſewater 16,
Roſewood,
Saſſaphras,
Roots of Orris Florentine, of each 6 drams,
Benzoin,
Storax calamita, of each half an ounce.
Make ad Unguent according to art.
This cures chapt Lips, and ſuppleth the Skin.

Unguent Populeon.

TAke the freſh Buds of the Popler-tree three pounds,

Freſh

Fresh Hogs Suet not salted, 6 pounds,
The Buds of the Poplar-tree must be stamped and steeped in the Suet, untill such time as the Herbs following be gathered.

Take Herbs, Burdock,
Henbane,
Lettice,
Mandrake,
Black Poppy,
Howsleek, great, less,
Nightshade,
Violets,
Venus Navel, or Pursslain,
Tender tops of Brambles, of each two handfulls.

These must be stampt with the Suet and Poplar Buds, and then boiled untill the moysture be wasted, and so an Unguent must be made according to art.

It cools exceedingly, and annoynted on the Temples provokes sleep.

Galens cooling Oyntment.

TAke Oyle of Roses Omphacine 4 ounces,
White Wax 1 ounce,

The Wax must be melted in the Oyle, they must be often washt with cold water, and beaten exactly. Lastly, wash them with Rosewater, and adding a little Vinegar,

Make

Make an Unguent according to art.
Good to annoint the Back over-heated.

Unguent of Roſes.

TAke freſh Hogs Greaſe purged from the films, and waſht ſeveral times, 2 pounds,
Freſh damask Roſes what may ſuffice.
Mingle them and ſet them in the Sun for ſome daies, then boile them and ſtrein them. To the ſtreined Liquor, add,
The ſame quantity of Roſes.
Set them again in the *Sun*, boil, and ſtrein them as before, do this ſo often untill the Hogs Suet ſmell moſt pleaſantly, keep this for an Unguent.
It is good againſt all hot diſtempers.

SECT.

SECT. XII.

OF

PLASTERS.

Plaster of Betony:

TAke Juice of Betony,
Smallage,
Plantain, of each 1 pound,
Wax.
Gum Elemni,
Rosin of the Pine-tree,
Turpentine, of each half a pound.
Make a Plaster according to art.

The use of it is chiefly for Wounds of the Head.

Plaster Diapalma, or Diacalcitheos:

TAke old Oyle,
Lytharge of Gold, of each 3 pounds,
Old Hogs Grease purged from the Films two pounds,
Vitriol burnt, or white Vitriol 4 ounces.

Stir

Stir them whilst they boile with the Branch of a Palm-tree, or instead thereof with an Okee Willow, or green Medlar Bough.

And make a Plaster according to art.

It is a fine healing and skinning Plastar.

Plaster Diachylon simple:

TAke oyle of Mucilages 3 pounds,
Lytharge of Gold 1 pound and half.
Make a Plaster according to art.
Softneth hard tumours.

Plaster Diachylon with Gums:

TAke oyle of Mucilages 8 pounds,
Lytharge of Gold 4 pounds,
Wax,
Turpentine, of each half a pound,
Ammoniacum,
Galbanum,
Opopanax,
Sagapenum, of each 4 ounces.
Make a Plaster according to art.
This is far more softning.

Plaster

Plaster Gratia Dei, with Verdigrease, and without:

TAke new Wax,
Rosin,
Goats Suet, of each 4 ounces,
Turpentine 2 ounces,
Verdigrease,
Mastick,
Frankincense, of each 3 drams.
Make a Plaster according to art.
An excellent Plaster for Sores and Ulcers.

A grey Plaster, or of Lapis Calaminaris:

TAke Lapis calaminaris prepared, 1 ounce,
Lytharge 2 ounces,
Cerus,
Turty, of each half an ounce,
Turpentine 1 ounce,
Frankinsence 5 drams,
Mastick 3 drams,
Myrrh, 2 drams,
Camphire 1 dram and half,
White Wax 1 ounce and half,
Goats Suet 2 ounces,

Make

Make a Plaſter according to art.
It dries and cicatriſeth Ulcers.

Melilot Plaſter:

TAke tops of Melilot 6 ounces.
Leaves of Wormwood,
Marjoram,
Flowers of Chamomil,
Seeds of Fenugrec,
Bay-berries,
Roots of Marſh-Mallows, of each 3 drams,
Cyperus,
Orris,
Indian Spike,
Caſſia lignea,
Seeds of Ammi,
Smallage,
Grains of Paradice, of each 2 drams and half,
Ammoniacum 10 drams,
Bdellium,
Storax calamita, of each 5 drams,
Turpentine 1 ounce and half,
Dryed Figs 12,
Roſin,
Goats Suet, of each 4 ounces,
Yellow Wax 8 ounces,
Oyle of Spike 2 ounces,
Of Marjoram what is ſufficient.
Make a Plaſter according to art.

It

It softneth much and helps Swellings of the Hypochondria.

A Plaster of red Lead:

TAke red Lead 1 pound,
Common Oyle 2 pounds,
Boile them according to art, adding Wax half a pound,
Turpentine 4 ounces,
Lead burnt prepared 2 ounces.
Make a Plaster according to art.
A very healing Plaster.

A Plaster of Mucilages:

TAke oyle of Mucilages 6 ounces,
Ammoniacum,
Galbanum,
Opopanax,
Sagapenum, of each half an ounce,
Saffran 2 drams,
Yellow Wax 20 ounces,
Turpentine 2 ounces,
Make a Plaster according to art.
This softneth hard tumors exceedingly.

Plaster Oxycroceum:

TAke yellow wax,
Colophonia,
Ship Pitch, of each 6 ounces,
English Saffran 2 ounces,
Ammoniacum,
Galbanum,
Mastick,
Myrrh,
Turpentine,
Frankincense, of each 2 ounces,
Vinegar, what is sufficient to dissolve thee Gums.

Make a Plaster according to Art.

This is very warming, and good against old pains coming from cold.

A Plaster of Frogs with, and without Quicksilver:

TAke oyle of Chamomel,
Dill,
Lillies,
Spike of each 4 ounces,
Of Saffran 2 ounces,
Hogs Suet 2 pounds,
Naturall Oyle of Bays 8 ounces,

Male

Male Frankincense 2 ounces and half,
Euphorbium 10 drams,
Frogs alive washt in Wine 12,
Earth-worms washt in Wine 7 ounces,
Leaves of Fetherfew,
Flowers of Camels Hay,
Stœchas of each 2 handfuls,
Juice of dwarf Elder roots,
Elecampane,
Clear Turpentine, of each four ounces,
Storax liquid 3 ounces,
Lytharge of Gold 2 pounds,
Quicksilver killed with Turpentine eight ounces,
Strong Wine 4 pounds,
White Wax what is sufficient,
Make a Plaster according to art.

This is good against hard Swellings, but most in use for the French Pox.

Fernelius *his Plaster for Ruptures.*

TAke true Acacia,
Birthwort long and round,
Balaustia,
Acorn Cups,
Beans,
Unripe Galls,
Pomgranate shels,
Myrtils,
Cypress Nuts,

Plantain seeds, of each half an ounce.
Powder them all and steep them in Rose-Vinegar, let them stand two daies, then dry them, and,

Take Roots of great Comfrey,
Fern,
Osmund royall,
Herbs, Hors-tail, of each 1 ounce,
Aloes,
Mastick,
Mummy,
Myrrh,
Frankincense, of each 2 ounces,
Bole Armeniac washt in Vinegar,
Lapis calaminaris prepared,
Lytharge of Gold,
Dragons blood, of each 3 ounces,
Ship Pitch 2 pounds,
Wax 1 pound,
Turpentine what is sufficient,

Powder them all, and mingle them with the forsaid Powder, with the Pitch melted, and let them be exactly incorporated with the Turpentine, and make a Plaster according to art.

Good for Hernia's, and where people are burst,

Paracelsus *his stiptick Plaster*:

TAke Ammoniacum,
Bdellium, of each 2 ounces,
Galbanum,

Galbanum,
Myrrh,
Frankincense,
Opopanax,
Roots of Birthwort long and round,
White Dittany,
Loadstone prepared, of each 1 ounce,
Oyle of St. Johns Wort, 2 pounds,
Naturall Oyle of Bays 2 ounces,
Lytharge of Gold 1 pound and half,
Yellow Wax half a pound,
Turpentine 4 ounces.
Make a Plaster according to art.
A very comfortable Plaster for any Ach.

A Cerat of Sanders:

TAke Sanders red, 10 drams, white, yellow, of each 6 drams,
Red Rose-leaves 12 drams,
Bole Armeniac 7 drams,
Spodium of Ivory 4 drams,
Camphire 2 drams,
Unripe Oyle of Roses 9 ounces,
White Wax what is sufficient,
Make a Cerate according to art.
It is very cooling and binding.

Galens *Cerate for the Stomach*:

TAke Mastick,
Red Roses, of each 20 drams,
Wormwood tops 15 drams,
Indian Spikenard 10 drams,
Unripe Oyle of Roses 1 pound.
Make a Cerate according to art.
This strengthens the stomach.

A Sparadrap, or Gualters Cere-cloath:

TAke unripe Oyle of Roses half a pound,
Rams Suet 4 ounces,
White Wax 10 ounces,
Lytharge,
Red Lead of each 3 ounces,
Bole Armeniac,
Mastick,
Lead burnt, prepared,
Frankincense,
Tutty, of each 1 ounce and half,
Camphire half an ounce.
The Lytharge and the red Lead with the Oyle of Roses, and Suet added to them at the first, with a sufficient quantity of water must be boiled together to a due consistence, then melt the Wax

Wax and poure it on: And lastly mingle the Powders, and so make a Plaster according to art, and whilst it is yet hot dip in a linnen cloath with both sides, and lay it wide upon a Table wet with Oyle of Roses.

It heals Ulcers.

The common Caustick.

IT is made of the strongest Lixivium dryed according to art.

This makes an Escar.

The Alchymie Stone:

TAke Roman Vitriol 1 pound,
Allum half a pound,
White Tartar,
White Vitriol, of each 4 ounces,
Common Bole,
Lapis calaminaris, of each 2 ounces,
Verdigrease,
Cerus, of each 1 ounce.

Powder them fine, and let them boile well in Wine-vinegar, untill they grow to the hardness of a stone.

It is good for Ulcers, and for sore Mouths.

SECT. XIII.

Of the preparation of some simple MEDICAMENTS.

The feeding of Aloes with Juice of Roses.

TAke clear Aloes Succotrina in powder so much as you please,
Juice of Damask Roses what is sufficient, to dissolve the Aloes, then dry it, and powder it again, and dissolve it in the same quantity of Juice, by wetting and stirring it, dry it again, and do this severall times.

Burning of Brass:

TAke Plates of Brass as many as you will, put them into an earthen pot, and lay between the severall Plates,
Brimstone in Powder what is sufficient;
And so lay one Bed upon another, and burne them

them with fire untill it be enough: wash the Ashes that remain in hot water often times.

Washing of Lime:

TAke quick Lime as much as you please, stamp it, and mingle it in a Vessell with plenty of fresh water, when it setleth at the bottom, change the water, and mingle it again, and do the same thing ten times. Lastly, pour on Rose-water, and keep the Lime and dry it

---

Preparing of Steel:

TAke filings of pure Steel, as much as you will, wet it with the sharpest Wine-vinegar, and dry it in the Sun, do this so often untill such time as you can powder it upon a Porphyr stone, pouring a little Cinnamon-water upon it, and bring it to a Powder impalpable, which commonly will be when you have sprinkled it twelve times.

The ordinary preparation of Hartſ-horn, Ivory, and other Bones:

TAke what Bones, and what quantity you will, cut them in pieces, and burn them in a Crucible untill they be very white; powder them finely, and waſh them ſometime with Roſewater, then grind them upon a Marble, and make Trochers of them.

A new way to prepare all Bones:

WHen you diſtill Aquavitæ, hang the Bones by a thread in the Neck of the Still, that they may not touch the Wine: then putting on the Still-head, diſtill your Wine, and the Vapours that ariſe will bring the Bones to a brittle ſubſtance at the firſt or ſecond diſtillation.

Preparation of Coriander and Cummin Seed:

TAke Seeds of Coriander, or Cummin, how much you pleaſe, ſteep them 24 houres in ſharp Vinegar, then dry them and lay them up for uſe.

The

The way to make Elaterium:

TAke of wild Cucumbers within eight dayes gathered, so much as will serve you: Cut them warily with the Point of a Knife in the middle of the Stalk, that the ripe Seed may leap forth into a large Bason, without any pressing out of the Fruit, but the Seed that remains, and the Mucilage must be gently pressed forth of the Fruit cut upon a Sive, and must be stampt in a marble Morter with a wooden Pestle by degrees, putting on the Liquor that drops from the Fruit that is cut, and a little Rain-water with it, and so all must be handled with your hands being hot, untill a fat oyely Liquor from the marrow of the Seed pass like Pap through a thin new Sive, which being evaporated upon Sand must be brought to the consistence of a mass of Pils.

The preparation of Esula, or Devils Milk.

TAke the Barks of the Roots of Esula so much as you please; steep them in sharp Vinegar at a moderate heat, then dry them and lay them up. So black Hellebour, and things of the like kind are prepared.

Preparing

Preparing of Lac:

TAke Lac that is not clean (for what is pure may be uſed without further preparation) and break it a little, ſo much as you pleaſe.

Boyle it in water, wherein

Roots of long Birthwort, and

Camels Hay, of each a like quantity, are boyled, untill ſuch time as the purer part ſwim a top, and the foulneſs ſinks to the bottom: Take off the purer part, and dry it in the Sun, or in a Stove, and keep it for your uſe.

Lapis calaminaris prepared.

TAke Lapis calaminaris as much as you pleaſe, make it red hot three times, and three times quench it in Plantain and Roſewater, then grind it ſmall upon a marble Stone, and with the ſame waters make it into Trochers.

Lapis lazuli prepared.

TAke Lapis lazuli what you pleaſe, burn it in a Crucible, then grind it, and waſh it ſo often with water of Motherwort, Balm, or ſome other

other Cordiall or common water, untill the water be clear after the washing it.

Pretious Stones, Corall, Pearls, Crabs-Eyes, and the rest prepared.

TAke choice white Pearls what you please, Grind them so long in a Mortar of Porphyr with a Pestle of the same, or of Steel, adding some drops of Rosewater thereto, untill they be reduced into very fine powder, and put into your mouth, make no noyse under your Teeth, then dry them a little, and make Trochers of them.

Earth-worms prepared.

TAke the greater Earth-worms, as many as you will, wash them so often in strong white Wine, untill they have layd all their filth by, then dry them and keep them for use.

Opium

Opium prepared:

TAke Opium what you pleaſe, Diſſolve it in Spirit of Wine, when it is diſſolved ſtrain it, and evaporate it to a conſiſtence.

Burning of Lead:

TAke very thin Plates of Lead, as many as you pleaſe; Brimſtone what is ſufficient.
Make one Bed upon another in a new earthen Pot, kindle the fire, and with an Iron Spatula ſtir the burning Lead untill it come all to Aſhes.

Scammony prepared:

TAke Scammony in powder as much as you pleaſe, put it into a Quince made hollow, cover it with Paſt, and in an Oven roaſt it, or under the Embers, then take out the Scammony and keep it for uſe, this is called *Diacrydium*, and commonly *Diagridium*.

Tutty

Tutty prepared:

TAke Tutty of the Shops, or Cadmia of the Greeks as much as you please; Thrice at least heat it red hot in the Crucible, and thrice quench it in Rosewater, then upon a Marble bring it into very fine powder, and with Rosewater make Trochers of it.

Calcining of Vitriol:

TAke Vitrioll in powder what you will; Dry it in an earthen unglazed Vessell, at a moderate fire till it grow white, alwaies stirring it strongly that it do not grow hard as a stone, and stick to the Vessell; then encreasing the fire for a quarter of an houre, it will change into a red.

Of

Of some Names that signifie more things then One under one Title.

The five opening Roots.

Mallage,
Sparagus,
Fennel,
Parsley,
Knee Holm.

The four Emollient Herbs.

Arsh-Mallows,
Betes, or Pillitary of the Wall,
Mallows,
Violets,

The five Capillary Herbs.

Maidenhair,
Phyllitis, or Harts-tongue.
Trichomanes,

Trychomanes, or golden Locks,
Wall Rue,
Ceterach.

Three Cordiall Flowers.

Borrage,
Bugloss,
Violets,

The four greater hot Seeds.

Annise,
Cardamom,
Cummin,
Fennel,

The four lesser hot Seeds.

Bishops Weed,
Smallage,
Caraways,
Daucus,

The four greater cold Seeds:

Cucumber,
Gourd,
Citruls,
Melons.

The four leſser cold Seeds:

Succory,
Endive,
Lettice,
Purſlain,

Fragments of the five pretious Stones:

A Granate,
Jacinths,
Saphir,
A Sardius, or Cornelion,
An Emrod.

of

Of Weights and Measures for Physick that are now in use, with their Characters.

A Grain is a pretty large Grain of Barley, gr.
A Scruple, or 20 Grains ℈.
A Dram contains 3 Scruples, ʒ.
An Ounce contains 8 Drams, ℥.
A physicall Pound is 12 Ounces, ℔
Half a pound, or 6 ounces, ℔ ß.
A Quarter, or three Ounces, Quart.
A Handfull as much as your hand holds, M.
A Pugil, what you hold with the tops of your fingers, P.

One Pint holds about 20 Ounces of Liquor, P.
No. stands for numbers.
Par for *pares*.
A. or *ana*, as much of each.
Part. æq. for equall parts.
Q. S. what is sufficient.
Q. V. what you will.
Q. pl. what you please.
S. A. according to Art.
S. S. S. Bed upon Bed.
B. M. Balneum Mariæ, or Water-bath to distil by.

THE SMALL HERBALIST, Or Book of PLANTS.

CONTAINING

The Force and Operation of all the ordinary *Plants* and known *Fruits* that Men daily use, and whereby, by Gods help, every one may preserve his own Health, and cure many SICKNESSES and DISEASES.

New Printed and Enlarged.

LONDON,

Printed by *E. C.* 1659.

THE EPISTLE TO THE READER.

Courteous Reader,

GOD *preserve both your Body and your Soul. Being that we all are Christian Brethren, brotherly Love requires, That we should one help another, each man according to the Talent and Gift that he hath received of God; this is pleasing unto God, and good and profitable for Men. I let you understand, that from my Youth up, I alwaies took great pleasure to know* Herbs *and* Plants, *and to be acquainted with their Force and Vertues: Having therefore used this a long time, and observing the wonderfull Works of God in them, the Beauty of* Flowers, *the Effects of* Herbs, *the misery*

of Men, and what need they have of them, and that many of them are unknown, and that God the Lord hath created this whole World as our great Garden, and hath lent unto us the use of all these Creatures, and hath delivered to each man a Talent; I thought fit to write this small Book of Plants *to avoid idleness, and that it might be to Gods Glory, the Salvation of my Soul and good of my Neighbours, to teach men to know the great Gardner and Maker of all Creatures, by his wonderfull Works, to praise and honour him for them, to fear him, and to receive his Gifts with thankfulness, and to use them as he requires they should, soberly to his Glory and their own Salvation.*

Christian Brethren, these are the chief reasons that moved me to plant this Garden of Herbs, that you might take your pass-time in it, and gather such Fruits from hence as you desire, but upon this condition, that you return Praise to the great Gardner, our Lord *and* Saviour, *for all his Mercies; And pray for me the Gardners Servant, as I do from my Heart for you.*

So far you well in the LORD.

TO

TO THE GARDNERS.

Loving Friends, Fruiterers, and Gardners, God prosper you all. You know that our Lord saith in the Holy Gospel, That all Trees that bring not forth good Fruit shall be pluckt up and cast into the fire. *This must not be understood of Trees growing in the Gardens, but of Men, who if they live not well, but are dead in sins and trespasses, and in unbelief, they shall be cast into Hell-fire, that we may take warning before hand, and learn to bring forth good Fruit. A Man is but a Tree turned upwards, whose Roots should be fast planted in Heaven by Faith and Love, and since men are naturally dead, our old Adam must be lopt off, and we must be ingrafted into our Saviour Jesus Christ; our hearts must not be set upon temporall and transitory things, but Christ alone must grow in us, and we in him: we must bring forth Flowers of a vertuous life in him, and in him must we bear fruits of Immortality.*

Leaves

Leaves and Flowers do well adorn the Tree, but the Fruit only brings the profit. It is not enough to be called Christians, and to read and hear the will of our Master, and to have some shew of good Works, but we must take pains to bring forth good Fruit, that is to live honestly and righteousnes, loving our God above all, and our Neighbours as our selves, and exercising our selves in the works of Mercy, behaving our selves as Christians ought to do. So shall we make it appear that we do bear good Fruit unto life eternall.

Farewell.

Of

OF THE

Fruits of Trees.

THEIR

Nature, Force, and *Working.*

Almonds. 1.

ALmonds are called in Latine *Amigdala*, and they are of 2 ſorts, ſweet Almonds and bitter. Almonds are of a warm nature; Almonds eaten dry are good for the Reds, and for looſneſs of the Belly, eſpecially when the outward skins are taken off with warm water firſt. Almonds eaten with Rayſins, or Currence, or Figs, is dainty food, and it ſtrengthens nature nouriſhing one very well, and encreaſeth the force of Mankind. Almond Milk which is made by the Apothecaries,

Their deſcription and kinds

Their uſe.

Apothecaries, is good againſt caſting of blood, or piſſing of blood; it ſoftneth alſo the Breaſt, and cleanſeth it of Flegm and foul matter, and is good for tender and ſickly people, and maketh them ſleep well. Oyle of bitter Almonds will keep Armour clean, if you annoint it therewith. Men uſe to ſmeer it alſo upon the ſtomach that is ill at eaſe, and narrow, and upon the Quinſie of the Throat. A little Oyle of ſweet Almonds new drawn by the Apothecarie and drank with Beer, eaſeth all inward pains of the Limbs: and be it outwardly, you muſt annoint the place where the pain is.

Pomgranates. 2.

Their deſcription and kinds

POmgranates are called in Latin *Poma granata*, they are of different taſts, for ſome are ſweet, ſome ſoure, ſome ſharp. Theſe Fruits grow in *Spaine*, and they are brought from thence, and ſold here; the ſoure are beſt in hot Feavers, and are very fit to coole the blood.

Their uſe.

Pomgranates are of a cooling nature, and they bind together. Pomgranates are good for an ill ſtomach, and againſt all faintings of the heart, and loathings of meat, they quench thirſt and refreſh the mouth: For this purpoſe one may uſe Syrup of Pomgranates. Pomgranate ſhels ſod in water, and gargled in the mouth with a little Vinegar, cleanſeth the Gums, and is good for the rank blood thereof, and faſtneth looſe Teeth.

Oranges

Oranges and Lemmons. 3.

THe Orange is called in Latine, *Malum aurantium*, or *Pomum aureum*. They are both well known, and there are two sorts of them, sweet and soure, they come yearly from *Spain* in abundance. Lemmons are called in Latine *Limones*; these and Oranges have the same force, and therefore I set them together. They are exceeding good to cure faintings of the heart, and to strengthen it, and to provoke the Appetite to meat: This kind of Fruit is of nature cold, they strengthen and refresh the heart, they drive away fainting and thirst, aud are good for them to eat that are hot and in pestilent Diseases: You shall find the Syrup of Lemmons alwaies ready at the Apothecaries Shop, that is good for the same use. The Kernells within the Oranges and Lemmons are good against Worms, and against all Venome. The Pills of Oranges and Lemmons Candied with Sugar, or the Syrup thereof eaten, warm the stomach, and getteth a man a stomach.

Their description.

Their use.

Quinces. 4.

A Quince is called in Latine *Cidonium*, This Fruit grows plentifully in *England*, in Orchards, and many other places, and they thrive well

Their description.

Their uſe. well neer unto Ditches and moiſt places, and are uſed very much both by thoſe that are well, and thoſe that are ſick. ſome boile them to eat, others preſerve them, make Pies of them, alſo Syrup and Oyle is made of them, and the Apothecaries alſo keep the Juice of them. They refreſh and ſtrengthen the heart, ſtop Fluxes of the Belly, and the Reds alſo. Alſo Marmilate of Quinces ſerves for the ſame uſe, and is dainty meat for many people, and is eaten at Feaſts and ordinary Meals. Syrup of Quinces is good to take againſt the deſire to vomit, and weakneſs of Nature, and quenches thirſt well. Quinces are cold in the firſt degree, and dry in the ſecond, and they naturally bind. Quinces eaten ſtop the looſneſs of the Belly, and all Fluxes of blood, and are good for them to eat that vomit blood. Marmilate eaten ſtrengthens the ſtomach, and hinders Belchings, and makes freſh blood, ſhuts the ſtomach taken after meat, that the fumes may not riſe up to the head, and withall is good againſt the falling down of Rheums. Oyle of Quinces is good to annoint the bellies of thoſe that are troubled with a Scouring, and of Women that are tormented with the riſing of the Mother, or but annointed on the ſtomach, it will hinder vomiting up. Quince Kernells layd to ſoke in Roſewater, refreſh the mouth, and are good againſt Burns and Scalds.

Dates

Dates. 5.

DAtes are called in Latine *Dactili*, it is a fat Fruit in taſt, and grows on Palm-Trees in *Barbary*, and they ſerve better for Banquets then for Phyſick; they are to be bought from Groſſers and Apothecaries. *Their deſcription.*

Dates are by nature cold and dry, and are good to eat againſt Vomiting of blood, and all Fluxes of the belly. The Apothecaries make an Electuary called *Diaphenicon* which ſome take inwardly alone, or with ſome warm drink to purge them, & it is good for the wind Cholick, driving flegm from the ſtomach, and Wind and Choler. You may take half an ounce, or ſomewhat more if your body be ſtrong. *Their uſe.*

Olives. 6.

OLives are called in Latine *Olivæ*, thry grow plentifully in *Spain*, where they preſs out their Oyle of Olives, whereof moſt of our common phyſick Oyles are made. *Their deſcription.*

Olives are of a temperate nature, between hot and cold, Olives eaten ſerve to ſtrengthen the ſtomach, and to procure a good Appetite. Oyle of Olives drank with warm water makes one to vomit, if you put your finger in your Throat afterwards; Oyle of Olives eaten with bread *Their uſe.*

bread and beer heals the body inwardly, eaſeth all pains and griefs, and being uſed either inwardly or outwardly, heals all Limbs that are drawn together by Convulſions: white bread dipt in Oyle and eaten is good for the gnawing of the Guts proceeding from Scowring.

Juniper Berries. 7.

Th. Deſ. THe Juniper Tree is called in Latine *Juniperus*, and the Berries *Baccæ Juniperi*. You ſhall have them at the Apothecaries.

Their uſe. Juniper Berries are dry and warm by nature, Juniper Berries bruiſed and hanged in a Bag in a Pot of Wine, is good to drink for an ill ſtomach, for the Lungs, Liver, and Kidneys, and cleanſeth the Breaſt alſo, and is good againſt the Dropſie, and for thoſe that are much bruiſed inwardly. The Water that is diſtilled from them is very good for the ſame purpoſe. Juniper Berries bruiſed, and caſt on a Chafing-diſh of Coals to make a Fume, drive away all ſtinks, and ill ayre, and is very good in Peſtilentiall times, the wood alſo is commended to burn in a Chamber, that it may ſmoak and purge the ayre.

Willows

Willows. 8.

THe Willow is called in Latine *Salix*, it is a Tree well known, for it grows every where a moſt by the way ſides. *Th. Deſ.*

Willows are of a dry and cooling nature, Willow-leaves are good to ſeeth in water to waſh ones Feet with, and the Reek thereof is good for the Gout, for it eaſeth the pain. Willow Leaves ſod in Wine and drank, is good againſt vomiting of blood, and ſcowring of the belly, and for the too great abundance of Womens Courſes. The Rinds of Willows burnt and mingled with Vinegar, drive away Corns and all hard knots, if you bind it on. *Vſe.*

Agnus caſtus. 9.

PArk Leaves called in Latine *Agnus caſtus*, is a kind of Willow that waxeth ſmall, and hath ſmall tuff Twigs, and long black and green Leaves and Flowers, like to Elder, and there come green berries that are almoſt black. *Deſcrip.*

Park-leaves are naturaliy warm and dry in the third degree; Park-leaves ſod in water and drank, driveth away Luſt, and maketh a man live chaſtly; And therefore Monaſtick people uſe it, that they may by the help of God lead *Vſe.*

their life in Continency. The Leaves thereof are good for the ſame uſe, put into a Pillow to ſleep upon, or the Seed drank in Powder. The ſame Powder drank in Wine drives wind out of the belly and Guts which do cauſe great pains, and it is alſo good to drink againſt a foule ſtomach; it opens alſo Womens Courſes, and the ſtopt Liver.

Apples. 10.

Their deſcription. APples are called in Latine *Poma*, Theſe are of divers ſorts, and well known.

Their uſe. Apples are cold and moiſt of nature, the beſt are thoſe that taſt ſharp, and that Coddle well when they are boyled. Apples cut into peeces and ſod in Buttermilk with a Cruſt of Rye bread, is good for Men to drink in a Feaver when they are thirſty, for it will quench the thirſt, looſen the Belly well, and is good for the faintneſs of the heart. A roaſted Apple is commended for weak and ſick men; to eat Apples ſod ſoft, and a raw freſh Egg broken into them, with ſome Sugar, Butter, and powdred Cinnamon, is good for faint and tender people to uſe. Apples eaten before meals looſneth the Body, and are good to be eaten boyled, by melancholy and ſad people, for they refreſh the heart, and ſtrengthen the Brain and Senſes, and are good to be uſed for a foule ſtomach,

and

and beating of the heart, especially if some Cinnamon be put to them.

Pears. 11.

PEars called in Latine *Pyra*, they are of di- *Th. Des.*
vers kinds. Pear-tree wood is fast and compacted, fit to make Pictures of, and to cut Prints in.

Pears are cold in the first degree, and dry in *Vse.*
the second. Pears nourish more then Apples do; eaten before meat they bind the Belly a little, especially stewed with red Wine. Pears sod or roasted strengthen the stomach and heart, and are good for faint people to eat, especially if they be preserved and covered with Spices, so are they very good for them to eat, who are sometimes sad and are in a Consumption.

Figs. 12.

FIgs called in Latine *Ficus*, are well enough known; though they grow but seldome in *Descrip.*
our Country, yet they come in abundance from *Spain* every year.

Figs are of a warm and moist temper, Figs *Vse.*
roasted are good to eat for a foule stomach, they looosen the flegm and ripen it, that it may come forth easily, they open the Pores, and cause one

to ſweat, they eaſe all inward pains, and o-pen. Figs cut in pieces and ſod in Beer, is good to drink for Children that have the ſmall Pox, for it ſtrikes all filth outwardly from the heart; This Fig-beer is good alſo to drink for them that are ſorely bruiſed, or hurt inwardly by fals or blows, for it eaſeth the pain, and ſcatters the clotted blood. Alſo Figs cut in ſunder, and the Seeds taken out, and then ſod in water, is a good Gargle-water for a hoarſe Throat, and ſore Mouth, and you may alſo lay a toaſted Fig thereon, and that will ripen and break the Swelling. Figs with Walnut Kernels, Rue, and Salt a little, ſtamped together is a very good Antidote in hot Peſtilentiall times. Boild in Pap made with Flour, they make Swellings ripe, and to break out, as you lay it on pretty thick. Figs eaten with Almonds, ſtrengthen the Limbs and nature of old people, and amend the ill ſtate of the body, and are good alſo for a foule Bladder.

Mulberries. 13.

Their deſcription. MUlberries in Latine *Mori*, The Mulberry Tree hath his Leaves late, and his Fruit rare; the Silkworms feed on the Mulberry Leaves.

Their uſe. Mulberries as they are ripe are of a temperate quality, and ſerve well if they be eaten moderately

rately, for people that are Feaverish and thirsty. In the Apothecaries Shops you shall have a Syrup called *Dianioron*, and this Syrup mingled with Plantain-water or Honey, is good to gargle for a soare Throat, and for the
The Leaves of Mulberries, or the Roots sod in water, and the Mouth washt therewith, and with a little Vinegar, takes away the Toothach.

Medlars. 14.

THe Medlar Tree is called in Latine *Mespilus*, and the Fruit *Mespilum*. *Descrip.*

Medlars are naturally cold and dry, Medlars eaten stop the loosnes of the Belly. The stones that are in the Medlars, being powdred, and drank in warm Beer, with Sugar and Butter, is good against Gravel and the Stone. The Branches of the Tree are good to make Hunting-sticks and Broomsticks, and Wands to correct naughty Children that are stout against their Governours. *Use.*

Cherries. 15.

CHerries in Latine *Cerasa*, are pleasant Fruit to behold, and to eat; there are many sorts of them, but the soure black-ones and sharp

red ones are the beſt to be eaten. The ſweet black ones are not ſo wholſome to eat as the red are.

Uſe. You may have red Cherries preſerved, alwaies to ſell in the Apothecaries Shops, and they ſerve to quench thirſt, and to refreſh the Mouths of people in Feavers. Theſe Fruits are cold and moiſt of temper, they looſe the Belly, and make eaſie Stools. The preſerved Cherries are pleaſant meat for ſick Folk, for they quench thirſt and ſtrengthen the ſtomach. Cherries eaten do cool one, make good blood, and get one a ſtomach to his meat, and drive off tuff flegm from the Breaſt. The Gum that comes forth of the Cherry-tree, melted in Wine and drank, cures an old Cold.

Peaches 16.

PEaches in Latine *Perſicum.* This Tree is planted in Orchards, and there are two ſorts of them, as ſmall Peach-trees that beare ſoon, and Peach-trees that are longer before they beare; they have a moſt pleaſant Flower, and Fruit, and are good eaten moderatly. Peaches are cold and moiſt to the ſecond degree; they quench thirſt in burning Feavers, and open the Body when they are ripe. The Flowers of the Peach-tree candied with Sugar, are good to eat for a foule ſtomach. The Leaves of Peach-trees cut ſmall, and bound upon the Navell of any Children, kill and drive out the Worms.

The

The Kernels of the Peaches are warm and dry, almoſt in the third degree; They open the ſtoping of the Liver and Lungs, and they are almoſt of the ſame force as bitter Almonds are. The Gum that grows at this Tree melted in Wine, is good to drink againſt vomiting of blood, opens the Breaſt and Lungs, and drives out alſo the ſtone.

Sena Leaves. 17.

SEna Leaves called in Latine *Sena*, are well known in many Shops, though there grows but little of it here that is good, the ſmalleſt Leaves are beſt that come from *Alexandria*. *Deſcrip.*

Sena Leaves are dry and warm in the firſt degree, and Men uſe them moſt to purge themſelves with. Take a quarter of a pound of Damask Pruins, break them in pieces ſtones and all, and then ſeeth them in ſmall Beer, or Whey, then at laſt put in half an ounce of Sena Leaves, let them boile one boile with the Pruins, and then let them ſtand and ſoak. This Liquor ſtreined through a Cloath, and ſweetned with Sugar, and drank off, purgeth one, is good for thick blood, for Scabs and groſs humours, it cleanſeth the blood, lightneth the Heart, and drives out abundance of filth. Alſo a quarter of an ounce of Powder of Sena drank early in the Morning with Sugar and butterd Beer purgeth one, and draws the pain out of the head. *Vse.*

Savin. 18.

Deſcrip. THe Savin Tree is a ſmall Tree, and hath dark green Leaves, it is planted in many Gardens.

Uſe. Savin is warm and dry in the third degree, this Plant being dry, layd in Wine and drunk, opens Womens Courſes, it makes one make water till blood come, and is good alſo to drink againſt the yellow Jaundice. Savin ſtampt with Honey and Vinegar, is good to lay upon foule and eating Soars, and cures them; alſo it drives away Warts and all Spots.

The Aſh Tree. 19.

Their deſcription and kinds THe Aſh in Latine *Fraxinus*, is Wood for Turners, it is very tuff and hard to make Stools, there is much of it planted by the Way ſides.

Their uſe. Aſh is of a drying quality, as *Lignum vitæ* is. Aſh Keys dryed and powdred, is good to drink in Butterd-beer againſt Gravel, and one may eat them dry. The Leaves ſod in Wine and drunk, are good againſt Venome, and for a foule Milt and Liver.

Moſs

Moſs. 20.

MOſs, in Latine *Uſnea*, or *Muſcus*, is well known by Shipwrights, it is growing upon Okes, and ſmells well. *Deſcrip.*

Moſs is of a binding quality, Moſs layd in Wine, and the Wine drunk from it, ſtops the vomiting, and is good to drink againſt the Dropſie, and brings Reſt. Moſs ſtops the blood of thoſe that are wounded, if it be bound faſt on, and ſtops Womens Courſes that are too great. *Uſe.*

Oke. 21.

OKe, in Latine *Quercus*, is a Tree well known, that bears Acorns, it is moſt uſed to build Houſes and Ships, and grows in Woods, and by the Way-ſides. Formerly men made bread of Acorns, and now a daies we fat Hogs with them. Men ſay, the Oke grows a hundred yeares, ſtands at one ſtay a hundred years, and is a hundred yeares decaying. *Deſcrip.*

All that comes of the Oke is of a ſtopping and binding nature. Oke-leaves ſod, or water diſtilled from them, is good to drink againſt a Looſneſs. The Acorns ſerve for the ſame purpoſe, if they be powdred and drunk with Wine *Uſe.*

or

or Beer, and moreover they are good for to drink againſt the Stone, and make one make water well.

Oken-wood, or Suet and Reniſh Wine, theſe three cannot be betterd.

Gauls. 22.

Deſcrip. GAlls, in Latine *Gallæ*, are ſmall round Apples well known in Shops, they grow upon Oke-leaves; theſe Apples, or ſmall Nuts *Their uſe.* are very much uſed to make Ink, and to dye black with, and if you hold them in your Mouth they will make you ſpit much, and they draw much water from your head: Galls do dry, and bind much, Galls ſod in Beer and drunk ſtop a Looſneſs, or Galls beaten to powder and drunk with red Wine do the ſame. Galls burnt and quenched in Vinegar, and then powdred, that powder is very excellent to ſtop blood with.

Cheſtnuts. 23.

Deſcrip. CHeſtnuts, in Latine *Caſtaneæ*, they grow not much in our Country, they lye in prickly Coats, two or three together, and when they are ripe they are brought to us, and to other places, from *Germany* and *France*.

Cheſtnuts

Cheſtnuts eat, are a drying meat, and of a binding quality. Cheſtnuts roaſted and eaten, taſt and nouriſh very well, eſpecially if a man do drink well with them, as dainty people uſe to dreſs them. Cheſtnuts are alſo good to eat for a Looſneſs. *Uſe.*

The Tiel Tree. 24.

THe Tiel Tree, in Latine *Tilia*, it is a fair hedge Tree, full of fair thick Leaves. Men uſe to ſet Benches and Tables under it, and they are much planted for ſhady Walks in rows for men to walk under, and to reſt free from the Sunſhine in hot Weather. The Flowers of the Tiel Tree have a moſt curious refreſhing ſmell; and water diſtilled therefrom is a noble Water to drink againſt the Wind-cholick, and the Falling-ſickneſs. The Aſhes of the Tiel Tree wood burnt, are good to drink with good Ale, or ſtrong mild Beer, againſt Falls and Bruiſes. *Deſcrip.* *Uſe.*

Capers. 25.

IN Latine they are called *Capperes*. Capers are the Bloſſomes, and young Fruit kept in pickle, and are brought hither from other Countries. *Their deſcription and kinds*

They

Vſe. They are naturally warm and dry. Alſo Capers waſht and ſod, and eaten for a Salade with Oyle and Vinegar, is a wholſome meat, ſerving to make a good ſtomach, and to open the Milt and Liver that are ſtopt, and they ſeperate and digeſt cold Flegm in the ſtomach, Capers are good alſo for the Gout, and the Sciatica.

Broom. 26.

Deſcrip. BRoom, in Latine *Geniſta*, it is a woody tuft Plant fit to make Beaſoms of. The Broom hath fair yellow Flowers, and as they are gone, there grow up ſhells that have the Seed in them, it is well known almoſt in all places.

Their uſe. Broom is warm and dry in the third degree, the Brooms Buttens men lay in Pickle, and keep them for Salads to eat, and theſe they call Broom-capers, they are very wholſome eaten for Salades with Oyle and Vinegar. Broom-ſeed powdred and taken inwardly, dryed with Sugar, or with ſome Broth, is good for the Dropſie, end for the Stone, it opens the Liver that is ſtopt, and the Milt, Bladder and Kidneys, and alſo makes a man to ſweat well, as it is inwardly taken, and men lye down and be covered warm. For the ſaid uſe men may drink the diſtilled Water of Broom Bloſſoms.

Bay-berries

Bay-berries. 27.

BAy-berries, in Latine *Baccæ lauri*, they grow on the Bay-tree, that brings forth fair green sweet Leaves. Formerly Conquerors and Poets were wont to be Crowned with them, and now a daies they are called *Poets Laureate*. *Their description,*

Bay-berries are warm and dry in the second degree, and they are good againſt all Venomes and Poyſons. Bay-berries ſtamped ſmall without the ſhells, and mingled with Honey, or ſweet Wine, is a noble remedy for thoſe that are ſhort winded, and that are over-charged with cold Flegm at their ſtomach, often licked and held in the Mouth, and is alſo good if it be uſed by ſuch as are in Conſumptions, and that have Rheums that fall from their Heads upon their Breaſts. Wine that Bay-berries without the Shells are infuſed in, is good to drink for Women that lye in, that are in pains after delivery. Bay-berries ſtampt, and half a quarter of an ounce of the powder put into Beer or Wine, with a piece of Butter, and drunk hot before a man goes to ſleep, makes one to ſweat well, cures many foule Diſeaſes, Scurff and ſickneſs, and is alſo good for the Dropſie. He that hath a foul ſtomach muſt ſtrike it over with Oyle of Bays, or where he finds his pains, and if it come from Cold, it will help him by Gods bleſſing. Bay-berries drank cauſe a man to make water well, breaks the ſtone in the Bladder *Their uſe.*

der and the Kidneys. He that hath paines i
his head, muſt powder Bay-berries, and puu
them in a Bag, and ſleep thereon, laying it un
der his head, and it will cure him.

Walnuts, 28.

Deſcrip. WAlnuuts, in Latine *Juglandes*, thea
grow in bitter ſhels upon theNut-tre
that grows high and faire, and hath a Lea
ſmels well. The wood is very faire and cloſe
and is good to Carve on; they grow by mam
Way-ſides.

Vſe. The Walnuts are dry and warm by naturr
Oyle preſt out of the Walnut Kernels, is ver
good to annoint Haire-worms, and ſcabb
Heads, for it will cure them, as you firſt waſ
them a little clean with warm water and Vin
gar. The Kernels of Walnuts, and a graine o
two of Salt, and Rue, are good to uſe in ho
Peſtilentiall times, and is then a good An
tidote.

Small Nuts, 29.

Deſcrip. HAſell Nuts in Latine *Avellanæ*, are know
well enough; They are brought hith
out of *Norway*, in great Casks in abundance, an
eate

eaten for liccoriſh meat. The wood is exceeding tuff to make Hoops and Bows with.

Haſell Nuts are warm and moiſt of nature: The Kernels of ſmall Nuts bruiſed, and mingled with Honey, cure an old Cold. Haſell Nuts parched, and drunk with ſome Pepper, makes the cold Diſtillation ripe. Haſell Nuts broken and mingled with Currance, is good for them to eat that have foul Lungs. Haſell Nuts burnt, and mingled with Hogs Greaſe, and annoynted on bald places, makes the haire to grow exceedingly. *Their uſe.*

Blackberries, 30.

BLackberries, in Latin *Marabati*; They are of two ſorts, black and blew Berries, and they grow abundantly by the Way in high Lands, upon prickly Buſhes, which Children ſeek much after, and eat them when they are ripe; for they cool and quench thirſt: Apothecaries call the Syrup of them *Diamoron.* *Their deſcription,*

Buſh Berries are by nature cold and dry, and binding. Syrup of Blackberries mingled with Honey or Sugar, is very good to uſe for a ſore Mouth, and for the or for a ſore Throat gargled, and the Mouth waſht with ſome Rain-water, and a ſpoonfull of Vinegar together. Blackberries eaten cool much, and quench thirſt, are good againſt hot Feavers; And for this one may uſe alſo the diſtilled wa- *Their uſe.*

ter,

ter, or the uppermoſt Sprouts ſod in ſmal Beer, which is alſo good for the looſneſs of the Belly and is good alſo to gargle in the Mouth, for it cleanſeth the Gums of ill blood, and faſtneth the Teeth, and waſheth away all filth, and gargled for a ſore Throat.

Goosberries, 31.

Deſcrip. GOosberries, in Latine *Uvæ criſpæ*; Theſe grow in Gardens, and Hedges, upon ſharp thorny Buſhes. They are of the firſt Fruits that come to be ſold in Summer, and are boyld with many things. Goosberries are cold and dry in the ſecond degree, uſed for Sawce they make one have a good ſtomach to his Meat, ſtop the looſneſs of the Belly, they cool a hot ſtomach and Liver, and drive away unnaturall inward heat, and are good for ſuch as are Feaveriſh. The young Leaves fryed with Eggs, are good for them to eat that have the Stone, or are troubled with Gravell.

Uſe.

Roſes, 32.

Deſcrip. A Roſe in Latine, *Roſa*, they are of divers ſorts, wild and Garden Roſes, double and ſingle, white and red: The double Provence

vence Roſe is held to be the beſt, and ſerve to make Syrup. The red by ground Roſes that men pull almoſt ſo ſoon as they begin to open to make Conſerves and Roſe-vinegar; alſo men diſtill white Roſe-water.

Roſes naturally cool and refreſh us; Conſerve of Roſes that you find at the Apothecaries to be ſold, is good to ſwallow down againſt trembling and faintneſs of the heart: Infuſion of Roſes is good to purge one eaſily; Roſewater is commended to waſh red running Eyes. Roſes are alſo good to be uſed in hot Feavers, they refreſh the Heart, and quench thirſt. Unguent of Roſes is good to annoynt the part of the head that is in pain, from heat, and cooles very much, and takes away the pain. Oyle of Roſes doth the ſame, you ſhall alwaies find theſe at the Apothecaries. *Uſe.*

Elder, 33.

ELder, in Latine *Sambucus*, Elder grows much by Country Farms, and ſerves to cool their Chambers. The Wood when it is dry is wonderfull hard, the Flowers are dryed to make Elder Vinegar of, and ſome diſtill water from them that ſmels moſt ſweetly. *Deſcrip.*

Elder is naturally warm and dry, Elder Vinegar with half a quarter of an ounce of Venice Treacle taken inwardly, and a man then covered warm to ſweat upon it, it will cure the *Uſe.*

Plague and hot Feavers: As the Elder firſt ſprings, the Buds chopped and baked with Egg and ſo eaten, will purge a man, drive off watry humours, and flegm from the body. The leaves ſtampt are good to lay upon Swellings, and the Gout; the middle Rine of the Root boyled in Beer and drunk, purgeth forcibly, and draws off the water: diſtilled Elder water is for the ſame purpoſe, as you drink a reaſonable draught thereof.

Caſsia Fiſtula, 34.

Their deſcription. *Caſsia Fiſtula* is the name in Latine, They are long black Canes that grow not in this Land, but are brought hither from ſtrange Countries. It is well known in Apothecaries *Their uſe.* Shops. Caſſia is temperate by nature, one ounce of it taken inwardly with Sugar, makes eaſie Stools, and works gently; and young or old people may take it without hurt. Caſſia cleanſeth the blood, quencheth thirſt, drives flegm out of the Cheſt and ſtomach, and drives out the ſtone in the Bladder and Kidneys.

Whortell

Whortell Berries, 35.

WHortel Berries, in Latine *Vaccinia palustria*, they are blew Berries that ow abundantly in wild places, and are to be ld in the beginning of Summer, and are eaten r dainties. *Th. Def.*

Whortell Beries, cool and dry, as red Curnce do, and are good to eat against inward eat in burning Feavers, and to cool a hot Lir, and all the inward parts that are over hot, nd they stop also loosnes of the belly, and nder vomiting, and quench thirst. *Vse.*

Liccoris, 36.

Liccoris, in Latine *Liquiritia*, or *Glychyriza*, is a Root that is well known in Shops, nd is very much used in Physick to soften and ase pain. *Descrip.*

Liccoris softneth and easeth all pains it is ued against, it is temperatly warm and moist f nature: Liccoris chewed, and held long in he mouth, easeth the raw Breast, and hoarse hroat, and frees the stopt Lungs that are loaed with Flegm, and makes the tuff flegm ripe, o doth also Juice of Liccoris held long in the Mouth, and swallowed leasurely. Liccorish *Vse.*

quencheth thirſt, and refreſheth a dry and hot ſtomach, and is good for Conſumptions, and hot Infirmities of the Liver, and cures Impoſtumes of the Kidneys, and the ſcurf of the Bladder, and eaſeth all ſharp and ſmarting pains.

The Vine, 37.

Their deſcription. THe Vine is called in Latine *Vinea*, and the Grapes *Uva*: It is a Tree that is not much regarded, yet it bears gallant Fruit, as every one knows by the Wine that is preſt out of them.

Their uſe. The nature of Vines are different, for the unripe Grapes make Verjuice and Vinegar that are cooling, but the Wine we drink warms and heats: Wine drank moderatly lightneth mans heart, refreſheth and ſharpneth the underſtanding, and makes the body ſtrong. Wine is Milk and good nouriſhment for old people, and nouriſheth and preſerveth them, but it is oftimes the ruine of young men, therefore young people might do well not to drink it too commonly, and ſpare it for ſuch as are in yeares for whom it is moſt fit. Wine makes a man Courageous, and lovely, and ſtrengthens well the Reins of old men, and makes them digeſt their meat well, that they may eat with an appetite and taſt their meat as they ſhould. Vinegar, or Verjuice mingled with Sugar, is good Syrup to lick of in hot Feavers, for it taſt

fts lively, quencheth thirſt, and ſtrengthneth weak ſtomach.

He that drinks Wine ſoberly,
Shall ever live merily:
But to drink over much,
Wine will do no good to ſuch.

Garden Currance, 38.

CUrrance are called in Latin *Ribes*, and *Groſ-ſularia*, They are well enough known, hey grow in Orchards and Hedges, and are lanted under our Fruit Trees, and ſhadowy laces. The red Currance are by nature cold nd dry, eaten, they coole the Stomach, the Heart, and Liver, and are very good againſt all eat of blood, and againſt all hot Feavers: they rive away thirſt. Garden Currance ſtop the ooſe Belly, and the Reds. Againſt all the fore-aid Diſeaſes you may uſe the *Rob de Ribes*, al-waies to be had at the Apothecaries, that is ve-y pleaſant to eat, and very fit for ſick people. *Deſcrip.* *Deſcrip.*

Pruins, 39.

THe Pruin Tree is called *Prunus* in Latine, and the Pruin, *Prunum*; There are many kinds

of them, but the chief are damask Pruins, and Sloes, that are wild Pruins found in Feilds and Woods. Other Plums are planted in Orchards: Pruins eaten cool and open the Belly, and cause easie Stools: Pruins sod till they be very salt, the stones plucked out, and made up with Sugar and Butter, is good to eat for a foul body, opens well, and quencheth thirst: The Leaves of Pruin Tree sod in water is a good Gargarisme for a very sore swoln Throat, for this will cure it. The wild Sloes dryed, stop the loosnes of the Belly, and make one Costive. Plum-Tree Gum melted in Wine and drunk, breaks the Stone, and drives forth the Gravel.

The Myrtle Tree 40.

Their description and kinds THe Myrtle Tree in Latine *Mirtus*, is a small Tree, having many Branches, and dark green Leaves, and fair white Blossomes, and grows in Gardens where it is planted.

Their use. Myrtle berries are good to eat against the vomiting of blood, and bloody Urine, and loosnes of the Belly, and for Womens naturall sickness. The Syrup of Myrtles in Apothecaries Shops, is good for the same purpose.

The

The wild Chery Tree, 41.

THe Cornel Tree in Latine *Corvus*, hath very hard Wood, the Fruit is fair, red, and long, they are planted in Gardens. The Cornel Berries are cold and dry, and binding by nature. The Cornel Berries eaten, ſtop the looſe Belly, and the Reds, and ſtrengthen the weak Stomach. and is a fair pleaſant Fruit to behold, and the Wood is hard and tuff to make Combs and Mills. *Deſcrip.*

The Poplar Tree, 42.

THe Poplar Tree is called in Latine *Populus*, hath long Leaves, broad behind, and ſharp before, a little nicked about, the Branches are white and tuff, the Buds before the Leaves come forth, are very ſweet of ſmell, of which Poplar Oyntment is mad: That the Apothecaries ſell, which is good for many things; Poplar Oyle annoynted upon the Temples of the Head, and the Pulſes of the Wriſts, makes a man ſleep well, and is good for to annoynt upon any Bruiſe, when men have faln down, or received ſore ſtrokes, and for all hot Cauſes. *Deſcrip.* *Uſe.*

Butchersbroom, 43.

Th. Deſ. THe Apothecaries call this in Latine *Ruſcus*, It is a woody Plant, having round Twiggs and prickly leaves, and the Berries are red; It *Their uſe.* grows planted in Orchards. The Butchers broom is warm in the ſecond degree, and dry in the firſt. The Root of Butchers broom ſod in Wine and drunk provoketh Urine, breaks the Stone, and drives out the Gravel, and is good againſt the Strangury and the yellow Jaundice.

Holly Tree, 44.

Their deſcription and kinds HOlly is called in Latine *Ruſcus ſilveſtris*, The Wood is very hard and heavy, and laid in water, ſinks to the bottom. The Leaves are thick and hard, and very ſharp with prickles, and they are green both Summer and Winter. Holly ſerves to make Hedges, and of the Branches they make Whipſticks for Wagoners.

The Nature and Working.

Their uſe. The Holly Berries are naturally warm, and purge the body, if you take them inwardly, and cure the Cholick. Of Holly Rind they make Birdlime to catch Birds with.

The

The Beech Tree, 55.

BEech in Latine *Fagus*, and the Mast is called *Nuces Fagi*, they are three cornerd, there are Woods of them. The Fruit is temperate by nature, the Leaves are cooling, and are good to lay upon hot Pushes and Sores: The Fruit is eaten both sod and raw. *Descrip.* *Vse.*

The Birch Tree, 46.

BIrch, in Latine *Betula*, is a Tree well known, the Bark is white, the Branches grow downwards, and are very tuff, and fit to make Beesome stocks, and Rods for naughty Boys that will not be ruled. There are Woods of them. *Descrip.* *Vse.*

The Alder Tree, 47.

ALder in Latine *Alnus*, is well known, and grows in every place almost: The Hatters and Dyers use them to dye black withall. The Wood will last long underwater, and is good to make Pumps with, and Polee to build Houses, or in wet Ground, as they do at *Amsterdam*. *Descrip.* *Vse.*

Barberries

Barberries, 48.

Deſcrip. BArberries in Latine *Berberis*, is a ſmall Tree with nicked Leaves, and they are ſoure off taſt, and ſo are the round Berries, firſt red, afterwards black.

The Nature.

The Leaves and Berries of Barberries are cool and dry in the ſecond degree.

Vſe.

The Working.

The Berries are uſed to ſtop the Looſneſs of the Belly, and Womens Terms: The Leaves are good with Meat to cool the Blood, and may be uſed for Sorrel. The Root ſoaked in Lye ſerves to make the Hair yellow, as you waſh it often therewith.

The White Thorn, 49.

Deſcrip. IN Latine *Oxyacantha*, is good to make Fences, to fence in Orchards, and other places. The *Their uſe.* Bloſſoms are white, and ſmell very ſweet, and in *May* they are ſet in water to deck up Chambers, and to give them a ſweet ſmell. The Berries are red and ſtop the looſneſs of the Belly, if you eat them.

The

The Tamarisk Tree, 50.

TAmarisk in Latine *Tamariſcus*, hath Aſh-coloured Leaves, almoſt faſhioned like unto ——— The Bloſſoms are brown and downy. *Deſcrip.*

The Nature.

Vſe. Tamarisk Leaves warm, the Fruit and Rinds dry. The Leaves and young Shoots of Tamarisk Tree ſod in Wine, with a little of a Sea Onyon, and this drunk, powerfully cures a hard and ſtopt Milt, and is good alſo for the Toothache, if you gargle it warm in your Mouth, and for running Eyes. The Leaves of Tamarisk Tree ſod in water, and bathing therwith, ſtops Womens Terms that are too great, and if you waſh your head with it, it will kill both Lice and Nits.

Heath, 51.

HEath in Latine *Erica*, it is well known to make Beeſoms with, and grows upon dry Heaths. *Deſcrip.*

The Nature and Working. *Vſe.*

The Heath hath a drying quality, and ſerves well

well ſod in water to waſh ſore red running Eyes with, to ſtrengthen and to clear the ſight.

Privet, 52.

Deſcrip. PRivet in Latine *Liguſtrum*, is very fit to make Fences with, it hath long dark green Leaves, the Bloſſoms are white, and the Berries green, and afterwards black.

The Nature and Working.

Vſe. The Leaves of Privet are cool and dry, and binding, and ſerve well ſod in water to cure any fiery Throat and Mouth: if you gargle it in your Mouth. The Berries may be uſed for the ſame purpoſe.

To

To all those that sell

DRUGS, SPICES, & HERBS.

TO all Druggists, Herbalists, and Merchants of Spices, good Luck in the Lord. Good Friends, since that you daily sell costly sweet-smelling Spices, whereby your Boxes, Shops, and almost all your Houses smell so pleasantly, you must consider, that good Christians that live as God commands them, are as costly Spices in Gods sight, and smell most sweetly unto him; but wicked and ungodly men, that bring forth no good Fruit, are but stinking Goats that regard not Heaven, and whose end is miserable. These will God the Lord cast off as Rammish Goats into the everlasting stink of Hell fire. But that we may be preserved from it, so let us strive to repent of our sinfull lives, and to serve the Lord God truly, and do right to every man; so shall God bless and prosper us here, and at last the Angels shall carry our Souls into the sweet Spicery and Paradice of Eternall Life.

Farewell in the Lord.

OF THE

Nature, Force, and *Operation* OF SPICES.

Nutmegs. 1.

Deſcrip. NUtmegs, called *Nux myriſtica*, or *muſcata*: Theſe are ſold in moſt Shops where Spices are ſold. They are very

Uſe. good for people that are paralytique, and they purge the blood being moderatly uſed, and are very wholſome againſt the Stone and Gravel, and for a cold and foul ſtomach.

The Nutmeg is of qualities hot and dry in the ſecond degree, and will laſt ſeven years in his force. The beſt Nutmegs are plain, heavy, and ſomewhat reddiſh, that have Oyle in them if you prick them with a Needle, or Pin, but the light ones are often times over dryed and rancid, without moiſture, we call them rumples

romples, and are nothing ſo good. Nutmeg taken inwardly makes a ſweet breath, drives wind out of the body, ſtrengthens the Brain, makes a good colour, cleanſeth the blood, and is good to eat for a foul ſtomack, and faint heartedneſs, and makes one piſs well. Nutmegs layd in Oyle of Olives, being cut in great pieces, and taking thereof a little ſpoonfull ſometimes with about a quarter of a Nutmeg at once, is a very good remedy for thoſe that make their water with great pain, by reaſon of Gravel. Nutmegs are good to uſe againſt a cold Liver, and the Milt that is ſwoln, for it will make it ſmall, and is good alſo for looſneſs of the Belly, in an Egg beked with ſome Meal. If a man ſwoond, breath ſome Nutmeg into his Mouth, ſo will he recover. Alſo Nutmegs are wondrous good to eat againſt lameneſs of the body.

Mace. 2.

MAce in Latine *Folium*, or *Macis*, it is brought hither from the Indies. Mace ſtrengthens the faint heart; Mace is the Bloſſome of Nutmeg, and it is of the ſame force and operation that Nutmeg is, that is hot and dry in the ſecond degree. Mace uſed ſtrengthens the Stomach and Liver. and provoketh Urine, and breaks Wind, ſtops alſo the Reds and Womens Courſes. Oyle of Mace to be ſold at the

Their deſcription.

Their uſe.

the Apothecaries, is good to annoint the Stomach and Breaſt with twice a day, with your warm hand when you find any pain there.

Cinnamon, 3.

Their deſcription. CInnamon in Latine *Cinnamomus*; this is an excellent Bark to ſtrengthen the heart and ſtomack: it is well known, and ſold in moſt places.

Cinnamon is hot in the third degree, and dry in the ſecond. The beſt is of a red colour, and ſmells well, and bites ſharp upon the Tongue, with ſome ſweetneſs, and will laſt ten yeares good in its force. *Their uſe.* Cinnamon is good to uſe to ſtrengthen the heart, makes good blood; alſo it cures Diſtillations from the head, and is exceeding good for the Dropſie. Cinnamon eaten makes a cleer ſight, and is good alſo for a cold ſtomach, and faintneſs of the heart, and for difficulty of breathing, and drunk in powder with warm Wine, it unſtops the Courſes that are kept back. Cinnamon in powder eaten with a roaſted Apple and Sugar, is good to eat for panting of the heart and faintneſs. Cinnamon alſo is good for a watry Brain, for it dries up Rheum, and warms and ſtrengthens the ſtomach, and driyes off clammy humours.

Ginger

Ginger, 4.

GInger, in Latine *Zinziber*, this grows in the hot Indies from whence the Spices come, and above all other Spices this is moſt uſed in Meats, for it breaks wind, digeſteth the Meat, and cleanſeth a ſoule ſtomach, quickens the ſight, and makes a man luſty. *The deſcription.*

Ginger is hot in the third degree, and moiſt in the firſt, the beſt is, that is white within and ſharp upon the Tongue like to Pepper. It will laſt two years good in its perfection. Ginger with Meats is good for a cold ſtomach, and for ſuch as faint and fall down, it quickens the ſight, and makes a man ſweat, drives out Venome, and wind. A Clove of Ginger burnt or ſinged in the flame of a Candle, upon the point of a Knife, and then the black ſcraped off round about, and after that cutting the inward part ſmall, a man may drink that with a draught of Wine or Beer, and this is exceeding good to digeſt ones Meat, it drives off Wind, and cauſeth Appetite, and is good for a ſoul ſtomach and ill Liver, it digeſts flegm aud ſuperfluous moiſture, and ſtrengthens Nature. *Vſe.*

Cloves, 5.

Their deſcription. CLoves in Latine *Caryophillæ*, they are known ſufficiently, though they grow not in this Land, but come from forreign Iſlands: They recreate the heart, and are good for the ſtomach and Liver, they ſharpen the ſight, and ſtrengthen old Folk that are feeble.

Their uſe. Cloves are dry and warm of nature, the beſt are thoſe are reddiſh, and broad at the heads, and have a little moiſture in them, and they hold their force ten years. Cloves eaten with Meat ſtrengthen the Brain, Stomach, Liver, lighten the heart, make the ſight cleer, and hinder belching and vomiting, Cloves alſo ſtrengthen Nature, give men Courage, make a ſweet Breath, rejoyce the Mind.

Sugar, 6.

Deſcrip. SUgar, in Latine *Saccarum*, is of divers ſorts, the white and loaf Sugar is held for the beſt, and the red blackiſh Sugar for the worſt.

Uſe. Sugar is warm and moiſt in the firſt degree, the beſt is the hard fair white loaf Sugar. Sugar nouriſheth, and openeth well; Sugar with Spices, bak'd and eat, ſtrengthens a man. Pearld Sugar that the Apothecaries ſell, refreſheth and lightneth the heart, and is good at the laſt need

to

to give to ſick people. Sugar is good for pain in the Bladder, and for foul Kidneys: Sugar is good to drink with Beer or Spring-water, to cool one, and to refreſh one, and to quench the thirſt. Sugar-candy is good for a hoarſe Throat, quencheth Thirſt, and hinders the Cough.

Saffran. 7.

SAffran, in Latine *Crocus* grows in *Germany* neer *Vienna*, and in *England*, and elſewhere. It dyeth very yellow, and is frequently uſed in Meats. Saffran ſtrengthens the heart, cures the yellow Jaundice, and is good for all the inward parts. *Their deſcription.*

Saffron is hot in the ſecond degree, dry in the firſt degree, and if it be wel kept, it will laſt in its ſtrength 7 years. The beſt is that is freſh, and hath a fair colour, and good ſmel. Men muſt beware they take not too much Saffran, for it is naught. Saffran uſed in Meats ſtrengthens the heart, & makes good blood; tis good alſo for a ſhort Wind, and for the Pluriſie. Saffran dryed and then powdred, and drank with Wine, ſtrengthens the ſtomach. Saffran put into Womans Milk, is good to waſh red running Eyes with, to cure them. Saffran put with ſome Pultis, ripeneth any Swelling, as it is laid ſometime to it. Saffran drives Venome from the heart, and is good for the yellow Jaundice, and provokes the Terms, and makes one ſweat, *Deſcrip.*

and make water well, and helps all inward parts.

Pepper, 8.

The deſcription. PEper in Latine *Piper*, it is well known that it is very hot of nature.

The uſe. Pepper is hot and dry in the fourth degree, and will laſt good eleven years. Pepper drank with Wine cures the Quartern Ague. They that eat much Pepper are unchaſt: it will make a man lean alſo; and Women that eat too much Pepper are barren. Alſo Pepper eaten makes a good ſtomach, digeſts the Meat, and drives away wind. Pepper with warm Butter'd-breer drunk at Night is good for cold Kidneys, and for cold ſhaking Agues, and is profitable for old cold people that kauke and cough. A man may ſwallow 5 or 6 Grains before Meat, that will warm the ſtomach and the inward parts, and procure an Appetite, drives off wind and ill humours. Pepper chewed with Rayſins draws abundance of flegm from the head. Pepper and Brimſtone powdred and mingled together, with the Greaſe of ſmoaked Bacon, is a good Salve to annoynt the Skin with, you muſt ſmeer the parts where the Scurf is.

Aloes

Aloes, 9.

ALoes is bitter above measure, and is the juice of a kind of Howsleek. *Descrip.*

Aloes is naturally warm and dry, and you may buy it at the Apothecaries, the best is of a Liver-colour, which is a brown-red almost. Aloes is a safe Medicament for tender persons, and purgeth without trouble, but it works slowly, and is extream bitter, therefore men make it in Pills, and swallow them in the Pap of a roasted Apple. Take Aloes a quarter of an Ounce, make Pills of it, swallow them down, and they will purge you early, and it is good against a foul naughty stomach, cures also the yellow Jaundice, and the headache, and helps red running Eyes. *Vse.*

Rheubarb. 10.

REubarb called in Latine *Rhabarbarum*, it is a Medicament sought for, and well approved. Rheubarb is warm in the first degree, and dry in the second, and is naturally binding. It is to be sold at the Apothecaries, but it is very dear, and is excellent for the rich people that can pay for it. Rheubarb in Powder, drunk with the Yolk of an Egg in Wine, is good for a foul stomach, and for pains in the Belly, *Descrip.* *Vse.*

for the Sciatica, and pains in the Hips. It is alſo good againſt ſpitting of blood, for the Reds, for Agues, the yellow Jaundice, and a ſtopt Liver.

Gallanga, 11.

Th. Deſ. GAlanga, is a tuff red Root, ſold at the Apothecaries, and is highly commended for an ill ſtomach.

Their uſe. Galanga is naturally warm in the third degree. Galanga layd in Wine, and the Wine only drunk, is good for a foul ſtomach, drives off wind, ſtrengthens the whole body, and makes good blood. And Galanga ſmelt unto ſtrengthneth the Brain and the Senſes. Galanga chewed in the Mouth, makes a man frolick and merry.

Zedoary, 12.

Their deſcription and kinds ZEdoary, in Latine *Zedoaria*, is well known in Apothecaries Shops, and is a Root almoſt in taſt and colour like to Ginger, and is brought from the *Indies*.

Their uſe. Zedoary is warm and dry in the ſecond degree. Zedoary is much uſed in the Peſtilentiall times, when God afflicts a Land with the Plague. A piece chewed

in

in the Mouth, and eaſtrward ſwallowed down is alſo good for a foul ſtomach, breaks wind, cures the Cholick, cauſeth Appetite to eat, and make a ſweet breath.

Cubebs, 13.

CUbebs are like round Pepper almoſt, called *Cubebæ*, and come from the *Eaſt-Indies*. *Deſcrip.*

Force and Working. *Uſe.*

Cubebs chewed make one ſpit well, and draw much moiſture from the head, is good for Catarrhs of the head that proceed from cold. Cubebs ſwallowed are good for the yellow Jaundice, and ſwiming of the head, makes a man Urine well, and provokes the Terms of Women.

An Admoniſhment concerning SEEDS.

CHriſtian Brethren, That you may all proſper, is my hearty Prayers for you. I thought fit to tell you concerning the Seed we ſow in the Ground, It muſt be caſt in a fit ſeaſon, for that is ſowed out of ſeaſon will not grow well; and ſuch Seed as a man ſows, ſuch Fruit he ſhall reap. He then that ſoweth good Seed

shall reap good Fruit. But Cockle and Darnel will produce their like, which we must by similitude understand of mens lives. For a man ought to lead a verteous life in this world in the time of Grace, and the Fruit we wait for is from thence everlasting Life. But he that liveth wickedly, and is but like wild Tares, what can he look for else but endless destruction? Therefore men shall alwaies weed up these Tares, of wickedness that daily spring up in our hearts, that they may not choak the good Fruits of Godliness, whereby we hope to obtain Gods blessings here, and everlasting Life hereafter.

Of Physicall Seeds, their force and working.

Mustard Seed, 14.

The description and kinds. MUstard Seed is hot and dry in the fourth degree, and it will last good five years. Mustard Seed ground with Vinegar or Verjuice is good Sauce for Meat, to digest Meats of hard digestion, and is good for a foul stomach, and for the Dropsie. Mustard new made is good to annoint upon Sores that are hard to cure, for it will dry and cure them. Mustard Seed beaten, and bound in a Rag, is good to hold in the Mouth with warm water and Vinegar, to cure the Toothache, makes one drivell well, and cleanseth

The use.

leanseth the Brain: The Powder snuft into the Nose, will make one snieze. Mustard eaten makes one Urine well, and cures the pain of the Belly.

Annisseed, 5.

ANnisseed is of a good tast, and a very wholsome Seed, being much used in Physick to break wind, it is found commonly in Shops to be sold. Annisseed is hot and dry in the third degree. Annisseed eaten makes a man have an Appetite, breaks wind well, is good against pain in the Belly, makes a man piss well, and sweat, is good to use against the Dropsie, and for such as have the Falling-sickness. Annisseed pounded with some Sugar, is good to be eaten for an ill stomach, aod short breath. Annisseed is well used in Physick, powdred and boyled in Drinks it tasts lively, and doth a man much good.

Cumminseed, 16.

CVminum, Cummin, this is a long fashioned seed, the Country people of *Holland* use it much in their Cheese, and they bake it also with their Bread, there is plenty of it to be bought.

Cummin

Cummin is hot and dry in the ſecond degree and will hold its forces five years. Cummin ſeed drives the wind from the ſtomach, & makes a man piſs well, yet it is not good to uſe very much of it. Cummin and Bay-berries ſtampt together, and layd upon the head in a little Bag, is good for cold Defluxions. Cummin powdred and mingled with Vinegar, and held to the Noſe to ſmell to, is good for bleeding, for it ſtops the bleeding there.

Coriander Seed, 17.

Coriandrum, Coriander is a well ſented round Seed, and is ſowed in many Landes being much uſed in Wine and Beer, it is alſo baked with Sugar, and in the ſlaughter time it very much in uſe in the Low-Countries.

Coriander is hot and dry in the ſecond degree, and remains good in its forces two years. Men may not uſe Coriander Seed untill it be thus prepared. You muſt firſt lay it wet in Vinegar, and then dry it again, and then uſed, it is good for ſwimming of the head, and for the Falling-ſickneſs. Coriander prepared and baked with Sugar, ſtrengthens the ſtomach, and makes the Mouth ſmell ſweet.

Fennell

Fennell Seed, 18.

Feniculum in Latine, it is a well known grey Seed, that groweth abundantly in Gardens, and encreaſeth wonderfully, is much uſed in Phyſick, and is ſingular for the Gravell.

Fennell is hot and dry in the ſecond degree, and the Seed remains three years in its ſtrength. Fennell Seed eaten ſtrengthneth the Brain and the ſight, cleanſeth the blood, and opens Womens Courſes, makes Nurſes to abound with Milk, it ſtrengthneth the ſtomach, and hinders the wind, it openeth the Liver Milt and Bladder, and makes one to void water well, helps to break the Stone, and is good for pain in the Lines, it drives off the cold piſs of *Lues veneria*, and people find profit by it. Diſtilled Fennell water is very good to waſh ſore Eyes with, and heals them.

Wild Carret Seed, 19.

WIld Carret Seed grows upon high ſtalks, and almoſt like unto Garden Carrats. The Flowers are white and grow in little Coronets; the Seed is rank as it is ripe, and grows plentifully upon dry Ditches.

Wild Carrat Seed grows abundantly in wild places,

places, the Seed is warm and dry in the third degree, wild Carrat Seed eaten dry, or ſod in Butter-milk, is good to uſe againſt wind in the body: it is alſo effectuall againſt the Gravell and the Stone; it makes Urine plentifully, and opens Womens Terms, and is alſo good for pain in the Back and in the Reins.

Linſeed.

LInſeed is a flat grey ſhining Seed; it is ſowed in the Fields, and is needfull almoſt for all men, both from the Oyle that is preſſed from it, and the Flax that grows of it, wherewith men make Linnen Cloath with great skill and much pains, and thereby many a man winns his bread.

Linſeed is warm in the firſt degree, and is almoſt temperate by nature; Linſeed Meal boyled in Beer, and a Pap made of it with a good piece of Butter, ſoftneth pain and ripeneth a Swelling, and breaks it, and draws Thorns and Splinters out of the fleſh: Linſeed ſod with Fleſh-broath, or with ſweet Milk, and uſed in a Clyſter, eaſeth all pain and grief in the Bowells and Matrix. Linſeed Meal with powdred Pepper mingled together with Honey, is a good Electuary uſed for an ill Cough, and is alſo good to eat to make a man luſty.

Lovage

Lovage Seed.

LOvage Seed groweth upon a high ſtalk in little Crowns, wherein this Seed lyeth, and is much uſed againſt wind.

Lovage Seed is warm and dry by nature, this Seed powdred and eaten, or drunk with a Cup of Wine, drives off pains and wind, and is good to eat againſt an ill ſtomach, and beſides it makes the Meat taſt well.

Gith, or Nigella Seed.

NIgella ſeed is a black Seed that is often given inwardly to Hectique people to break wind.

This Seed is warm and dry in the third degree, and being ſtampt to powder, and drunk with Wine, drives wind out of the body, and Worms, and venomous Fumes that ariſe; If a man uſe to ſmell to it, it will dry the Brain, and makes the ſmell that was loſt come again, and is good for the Toothach.

Wormſeed.

Wormſeed.

THe true Wormſeed which grows in forreign Lands, is to be bought in many Shops.

This Seed is naturally warm and dry.

Wormſeed powdred and taken inwardly, by a man in years, about two drams mingled with Sugar, is good for Worms in the Guts, and kills them, and if you mingle ſome Aloes with it, then it will drive them forth when they are dead.

Fennegrick Seed.

FEnnegrick hath browniſh hollow ſtalks, and hath Leaves like to three leaved Graſs. The Flowers are pale, the Seed is yellow, and grows in crooked Husks; it is ſowed in Gardens, and is ſold by the Apothecaries.

Fennegrick is warm and dry, and ſoftneth and looſneth very much.

Fennegrick ſod in Beer, after that it is powdred, and a good piece of Butter put to it, makes a good Cataplaſme to apply to hard Swellings, for it ripeneth them, and makes them to break through.

A good

A good Instruction to the Common People.

GOod People, I wish you good speed, and everlasting happiness; My Admonishment unto you is this: You know well that the Husband-man takes great pains to till and manure his Ground, and as it is well manured, then doth he cast his Seed out of his hand into the Ground and sow it, in hopes to receive a good encrease and profit by it, and if it come to pass that the Corn of Wheat dy not in the Earth, then it remains there and yeilds no Fruit, but if it dye, then it grows and is fruitfull; So it is our duty to do what we can to live verteously, and to shew the works of mercy to our power towards our Neighbours, having a good hope that we shall one day reap Fruit of our Labours in Heaven: but this can never be done unless our wicked sins be first mortified and dye in us, and all the Lusts of our flesh that fight against the good Spirit of God, are put to death; and if we do this, then shall we as good Seed grow up in all Vertue, and when we are ripe, we shall be carried by the Angels, the Reapers, into the Garnary of endless Felicity.

Of

Of the *Force* and *Nature* of GRAIN, or CORN of severall Sorts.

Wheat.

WHeat is a very fine Grain, as all men know; It is sowed upon richh Ground, and the best Bread is made with it. Wheat is almost temperate by nature, most inclining to warmth, and it will make a man strong and lusty: the soundest Bread is made of Wheat, that which is new and not fusty, about one day old; the finer it is bolted, the better nourishment it makes, and binds more, but the more and grosser the Bran is, the lesse Nourishment it affords and opens more: Wheat Meal sod with new Milk and eaten, is good against vomiting of blood. A Pultesse of Wheat Meal and Butter will ripen an Impostume, and layd to a hard Swelling, brings it to corruption. Wheat Bran sod in water is good to wash the mangy and scurffie parts of the body, and drives away the Scurff.

Rye.

Rye.

THis is alſo a gallant Seed, well known in moſt places, that grows upon Lands in Corn fields, good Bread is made with it, and with this alone and water, a man might make a hard ſhift to live, to ſatisfie hunger.

Rye is warm by nature; but know that Rye Bread is windy, and is heavy and ill to digeſt, and is only proper for labouring people, and ſuch as ſeldome ſtand ſtill, and for ſuch as have ſtrong ſtomachs. Dry Meal of this Corn layd upon the head in a little Bag, is good for pain in the head: and a Pultis made of Rye Bread, or of Rye Meal, and layd upon any hard Swelling, ripeneth it, and makes it break, and draws alſo Thorns and Splinters out of the parts where they lye: A ſlice of Rye Bread well toaſted, and then wet in Vinegar and layd with Cloves ſtuck into it, to the mouth of the ſtomach, provokes the Appetite, and is good againſt wambling of the ſtomach, and par-breaking. Some uſe to bind under the Soles of ones feet; The Crums of Rye-bread mingled with ſalt and Wine-vinegar to draw out of the head pains and madneſs.

Oates.

THis is excellent Food for Horses, it is well known, and is grownd both for Medicaments and for men to eat.

Oates are by nature cold and dry, Oates soo in water untill they split, and that water being mingled with Rosewater, drives the Freckles from the Face, if you wash your Face with iit Oatemeal sod in Buttermilk, is good for greea heat in the body: Oatemeal mingled with Oyll ripens hard Swellings, and layd on hot breaki them. Oates and Salt made hot together, and put into a Bag, is good to take away the pain of the side it it be layd on.

Barley.

OF this Grain chiefly is Malt made to brew good Beer, and is as needfull for man to drink as Wine is. There are two sorts of Barley, Winter Barley, and Summer Barley.

Barley is cold and dry in the first degree, and is of great use for Physick in hot sicknesses to coole and drive away the heat: Barley sod in water untill it split, and then the water strained and drunk with Sugar, is good drink for a hot Feaver, and quencheth the thirst well. Barley-broath doth the like. Barley used makes good

good blood, and is good for the head. Fine Barley-Meal sod and made into Pap and eaten, is goop for Frenzy in the head, and dry Barley Meal layd in a little Bag upon the head is good for the same.

Buck Wheat.

BUck Wheat is a Grain with three Corners, that is well esteemed of in *Brabant* and in the Province of *Vtrecht*; where generally the Rich feed there Servants and Poultry, and the poor people live most of it. Buck Wheat is almost temperate by nature; Buck Wheat Meal made in Cakes or Pottage made of it is a good Food for common people, and is of easie digestion and nourisheth indifferently well, openeth and makes men make water handsomely.

Millet Seed.

MIllet Seed is a small round Seed, and is better known by the poor people then by the Rich.

Millet is cold in the first degree, and dry in the third: Millet Seed sod in Milk and eaten, is good to stod a Scowring, and provokes Urine. Millet Seed pounded and made hot in a new Pan, is good to lay in a small Bag upon the

pain of the ſide, and of the belly, that proceeds from wind, and is good alſo to lay upon a ſore head that is in pain, and helps well to dry up defluxions of Rheume.

Rice.

Rice is brought heere to ſell out of other Countries, and the rich people are better acquainted with this Food then the poor.

Ryce is warm in the firſt degree, and dry in the ſecond. Rice boyled with Milk and eaten is very delicate Food, nouriſheth well, and ſtops the ſcowring of the belly, makes a man luſty, and cauſeth him to look with a cleare and pleaſant Colour.

Beans.

Beans grow in the Fields in Pods, and are of many ſorts, ſmall and great.

Green Beans are cold and moiſt; but when they grow old then they are cold and dry.

Beans ſod in water, and their Husks taken off, and then fryed in Butter, make freſh blood and ſtrengthen the back, and make a man luſty. Beans eaten ſtop the looſneſs of the belly, and hinder the dropping of Catarrhs, The ſtrong

ſmelling

ſmelling Bean-flowers, water diſtilled from them, is good to waſh and take away Freckles and Spots.

Peaſon.

IT is a Grain well known, and there are divers ſorts, green, gray, and white Peaſon.

Peas are of a middle temperate nature, and being ſod and eaten, do nouriſh well, and make a man ſtrong and luſty. The water of green Peaſon after they are ſod, drunk with ſome Sena powder, is a good purge, provokes Urine well, cures the yellow Jaundice; and green Peaſon Broath is not unwholſome for men to uſe that are ſick of hectique Feavers.

Turkiſh Rie and Wheat.

THis Corn is of diffe e it colours, for ſome is red, and others are yellow, brown, white.

Bread made of Turkiſh Corn when it is baked, taſts pretty well, but it is very dry Food, and will n ot nouriſh ſo well as Wheat and Rye of our Country doth.

French, or Kidney Beans.

THeſe grow in Gardens by Poles, and are lovely Beans of many colours, and are before they be ripe, with their ſhells cut in pieces and then ſod and eaten with Butter.

Kidney Beans are warm and moiſt, and being ſod in Pottage with fleſh and eaten, nouriſheth very well, make a man go eaſie to ſtool, and to void his water.

Lupines.

LUpines grow in ſhells and taſt exceeding bitter, they are ſowed in Gardens where they grow.

Lupins are warm and dry in the ſecond degree. Lupines ſod in water and drunk, drive forth by ſtool all Worms, and the Face waſht with the water, makes a clear Complexion, and takes away all Spots and Pimples. Alſo Lupines when they are boyled may be eaten for Food.

An Admonition concerning ROOTS.

GOod Courteous Gardners, I wish you good speed and sprosperity. You understand well, that the chiefest cause that the Trees and Plants grow, is when the Root of them is well manured and dressed. So must the Root of our faith be well leokt unto, with sorrow for our sins, repenting and amending our lives, and we must be carefull to weed and keep clean our Garden, plucking up all our sins as unprofitable Weeds by the very Roots. For he that onely breaks off the stalk that is above, and lets the Root remain, that man doth himself more hurt then good: wherefore we must lament for our sins from the very ground of our hearts, casting them forth by confessing and repenting of them, or else we shall deceive our selves at last.

Of Roots for Physicall use, and of their Forces and Operations.

TUrneps are very good nourishing food, there is a sort of them that grows about *Haerlam*, that being roasted and eaten will break the wind, and soon turn to nourishment, and sick people may safely eat of them.

Turneps are warm and moist, and when they are well boyled, and eaten for Food, it is good Dyet, and nourisheth well; Turneps boyld in Milk and layd upon the Gout, easeth the pain. The Broath in which Turneps are sod, is good to wash the hands with, that break with white blaens in winter, or Turneps sod and applyed to them. The young Sprouts of Turneps when they first spring forth, being made ready and dressed and eaten, will drive forth water well, and are profitable for those that are troubled with the Stone and Gravel.

Radishes.

RAdishes are much eaten to break wind and drive forth water.

Radishes are hot in the third degree, and dry in the second. If Radishes be cut in small pieces

pieces and layd in courſes with Sugar, there will drop from them a very gallant Syrup, that is good to lick up for an ill Cough, and pain of the Breaſt: Radiſh Seed beaten to powder and drunk with warm water and Oyle, will make one Vomit ſtrongly, and drives off Urine. Radiſhes ſtampt with Salt and Sope, and Paper bound under the feet, draws down from the head pains and heat. Radiſhes eaten break the Stone, and are good to make one parbreak and vomit, ſo do the outſide of the Radiſhes ſtampt with Honey and Vinegar, and taken inwardly, after that put your Finger in your Throat, and you ſhall vomit eaſily.

Carrats.

YEllow and red Carrats are well known both by Poor and Rich. Yellow Carrats eaten with Meat do nouriſh well, and warm the inward parts, cauſe one to make water well, and are a great help to feed poor people.

Parſnips.

THeſe are wel known too, being a fair white fat Root, that is daily ſod for meat.

Parſnips are warm and dry, and being ſod with fleſh and eaten, make good nouriſhment, and

and are good for the Liver, Lungs, Reins, and Breaſt. They alſo drive forth water, eaſe thee pains of the ſide, drives pain and wind out of the belly, and are helpfull to thoſe that aree bruiſed inwardly, or broken. Parſnip Seed drunk in Wine is a great Antidote againſt all Venome and Poyſon.

Wild, or Horſe Radiſh.

HOrſe Radiſhes are planted in Gardens, and they encreaſe wonderfully, if you cut the root in great pieces and ſet them in the Ground.

Horſe Radiſh ſcraped and mingled with water, Vinegar, and Crums of white Bread, is good Sawce to eat with Fiſh, or hard Meat that will not eaſily digeſt, for it concocks the Meat well, and brings a man a good ſtomach, cauſeth one to make water well, drives pains and Gravell out of the Kidneys, and is good for the Dropſie.

Parſley Roots.

THis is maintained in Pot-herb Gardens, and is uſed daily both the Herb, the Roots, and the Seed.

Parſley is hot in the ſecond degree, and dry in

the third, Parſley-roots ſod with meat, and ten, are good for the ſtomach, concocts the eat well, and cauſe one to make water, they pen the Liver that is ſtopt, the Reins and all e Entralls, they drive out the Stone and ravell, and reſiſt all poyſon. The Seed in pow-er ſerves for the ſame uſe, if you take it with iccoriſh, it alſo drives forth wind.

Elecampane.

ELecampane hath great broad ſoft Leaves, and a long hairy ſtalk, and faire yellow Flowers: the Root is thick and great, and white within ſide, ſmells and taſts ſtrongly, and s planted in Gardens.

Elecampane Root is hot in the third degree, nd dry in the ſecond. This Root dryed, powdred and mingled with Honey, is good to ake inwardly for a Cold and for Flegm in the ſtomach, breaks wind, helps a naughty ſtomach, nd makes one have a long breath. For the foreſaid Diſeaſes you may uſe Candied Ele-campane Roots, or preſerved, which is far bet-ter, and is good for the Sciatica, and for ſuch as are bruiſed inwardly, and is an Antidote a-gainſt the Plague.

Angelica

Angelica.

ANgelica by the Dutch is called alſo the Root of the Holy Ghoſt, for it is exceeding good againſt the Plague. Angelica hath notched Leaves, and hath a long high ſtalk that round Flowers grow upon, and grows beſt in watry Grounds.

Angelica is hot and dry in the third degree, diſtilled water of Angelica is good for the Plague, if it be drunk with Treacle, and you muſt ſweat after it. It is good alſo in ſickly times, and for an ill ſtomach, againſt fainting, againſt the Pluriſie, and the Toothache. It opens the ſtopings of the Spleen, Liver, Lungs, and Stomach: It haſtneth Womens Courſes, and their delivery in Travell, drives away wind and blood that is clotted in the body.

Saxifrage.

SAxifrage hath a ſharp biting Root like unto Ginger, hath ſmall nicked Leaves, and grows plentifully in Sandy Grounds.

Saxifrage Root is warm and dry in the third degree. This Root preſerved, or ſodden with Wine and drunk, makes a man make water freely, breaks the Stone, and is good againſt the Strangury. The Roots dryed, and powdred,

and

nd taken in with Sugar, warm and ſtrengthen he ſtomach, drive out wind, and are good for he Wind-cholick, and are needfull for them hat have Limbs that are drawn awry, or ſhort-led by Convulſions, or are troubled with Pal-es, or Apoplexies; they are alſo good for the oothach, Plague, and infectious Ayre.

Tormentill.

His is a ſmall Plant with ſmall Leaves, grows on high Ground, hath thin red ſtalks, creep-ng upon the earth, the Flowers are yellow, the oot is browniſh-red, and thick.

Tormentill is dry in the third degree: The oots of Tormentill ſod, and the water drunk, with one dram of the powder of the Root, will nake a man ſweat, drives Venome from the eart, is good againſt the Plague, ſtops looſneſs of the Belly, and the Reds in Women, alſo it ops vomiting of blood, and piſſing of blood, ures all Bruiſes inwardly, opens the Lungs nd the Liver, drives away the cold of Agues, nd ſtops all running of the Eyes, if they be waſht with the decoction thereof.

Maſterwort

Masterwort Imperatoria.

IT is planted in Gardens, and the Root smells very strongly.

Masterwort is warm and dry in the third degree. This Root boyled in Wine and drunk is good for a cold and naughty stomack, and for cold shaking Agues, makes a man have an Appetite to his Meat, and resists ill Ayres and Venome, drives forth Wind, resolves clotted blood that came by Falls, Blows, or Knocks, and is good to lay on where mad Dogs have bit.

Polypode.

POlypode hath long Leaves that are cut off to the middle Rib; the Root is almost a finger thick, brown withoutside, and greenish within.

Polypode is dry in the second degree; These Roots sod in Flesh-broath and the Liquor drunk, makes one go easily to Stool, cleanses the blood, and drive away Scabs and Mange.

Eringo's

Eringo's.

THis grows by the Sea-ſide, and hath prickly blewiſh Leaves. This Roots ſeems to be warm by nature.

Eringo Roots ſod with Meat as other Roots are, help well being eaten againſt the pain in the Belly, which men call the Cholick, that proceeds from wind within, alſo it makes one Urine well, and drives forth the Stone and Gravell. Theſe Roots preſerved and eaten, have the ſame force, and make a man luſty, and cure the Strangury and the Dropſie, and Diſeaſes of the Liver.

Skirrats.

THeſe have round ſtalks and carved Leaves, the Flowers are white and grow in round faſhion on the top: the Roots are white, and about a finger in length, and taſt very pleaſantly.

Skirrat Roots are warm and dry, theſe roots ſod in any Broath and eaten, do ſtrengthen the Stomach, and cauſe an Appetite and deſire to Meat, and make men void water well, and ſtop the looſneſs of the Belly.

Marſhmallow Roots.

THis Root is great and thick, and within it is white and ſlimy, grows in low places neer Ditches, and is alſo planted in Gardens.

Marſhmallows are ſoft as Velvet, and ſome call it Velvet leaf, for it ſofteneth and makes eaſie. Marſhmallow Roots bruiſed and ſod in the Pap of Linſeed, or Barley-meal, is good to lay upon hard Swellings, for it ripeneth and breaks them. This Root ſod in Wine and drunk, cauſeth water to be made, and is good againſt the Gravell, and the roughneſs of any paſſage, and for any one that is inwardly hurt by Blows, Knocks, or Falls: The Root ſod with Vinegar and gargled in the Mouth, ſtrengthens the Gums, and cure the Tooth-ache.

Onyons.

THeſe grow in Pot-herb Gardens, and are daily uſed in the Kitchin.

Onyons are hot above the third degree, Onyons ſod, or roaſted, and eaten with Oyle and Vinegar for Salade, opens well, and cauſes a man to make water, are good alſo for a cold and naughty ſtomach, for they cure it, and make the Meat digeſt well.

Aſarabacca

Asarabacca Root.

ASarabacca Root hath blackish green round Leaves; the Roots are small and long, mell well, and taft bitingly upon the Tongue, nd are planted in Gardens.

Asarabacca Root is warm and dry in the hird degree: This Root powdred and drunk n with Butter and Beer, purgeth well downvards, and will also make a man to vomit, but man must thrust his finger deep down his Throat after he hath taken it: It is a good remedy for the Dropsie, and for the Sciatica. This Root drives off Womens Terms, and is good gainst the Cough and the Strangury.

Madder,

MAdder are red Roots that grow much in *Zeland*, and are very much esteemed, and s grownd in Mills to dye Reds.

Madder Roots are hot in the second degree, nd dry in the third. Madder sod in Beer and reined, and the Liquor drunk with Honey, s good againft the yellow Jaundice, and causth one to make water well, opens the stoppings of the Kidneys, the Bladder and the Liver, and Womens Courses, and is good for

ſuch that are bruiſed by Falls, or otherwiſe, for it ſeparates and drives off the blood that is ſettled.

Briony.

BRiony, or wild Vine, hath Leaves and tendrells to lay hold, like as the Vine hath, and grows very high, and is very handſome to deck a Garden. The Flowers are white, and from them grow green Berries that afterwards become red. The Root is white, thick, great, and long, and is oft-times hanged before the Apothecaries Shops to make a fine ſhew.

Briony Roots, whereof there grows great ſtore in the *Downs*, is hot and dry in the third degree. The young Branches of this Root at the beginning of the Spring, being made ready as they ſhould be and eaten, are good for a bad ſtomach, make men go to Stool handſomely, and provoke Urine. Briony Roots ſod with Rayſins, and then ſtreined, and the water drunk with Honey, will purge well, and drives forth Flegm, helps the Falling-ſickneſs, and Apoplex, and a ſoul ſtomach.

Reſtharrow.

Reſtharrow.

REſtharrow hath blackiſh green round Leaves, ſet about with very ſharp hard prickles, the Seed lyeth in Pods.

Reſtharrow is of a drying nature, the Rinds of this Root ſod with Wine, and the Liquor drunk with Sugar, forceth the water forth, breaks the Stone, and is good againſt the Falling-ſickneſs; and being ſod in water, and a little Vinegar put to it, and ſo gargled in the Mouth, cures the pains of the Teeth.

Avens.

AVens hath rough and blackiſh green divided Leaves, and the ſtalk grows about half a foot high with yellow Flowers. The Root is ſhort, and ſmells like to Cloves.

Avens is hot and dry in the ſecond degree: The Roots of Avens ſmell as pleaſantly as Cloves. Theſe Roots being ſteeped in Wine, make the Wine taſt and ſmell gallantly, and this Wine is good for them to drink that are bruiſed inwardly, and drives away the clotted blood, and is alſo good for all Wounds, be they outward or inward. This is alſo good to drink for an ill ſtomach, opens the ſtopping of the Liver, and cleanſeth the Breaſt from flegm:

It is good alſo againſt the Wind-cholick, and wind and pain in the Guts.

Long Birthwort.

LOng Birthwort hath Leaves as if they were painted. The Roots are long and tender, and abound mightily in many places.

Birthwort is hot and dry in the ſecond degree. This Root ſteept in Wine, and the Wine drunk off, is good againſt all Venome in the body, and provokes Urine well, and Womens Courſes, and is good alſo for pain in the ſide, for the Cramp, and for the Gout, uſed as I ſaid before.

Hollow Root, another ſort of Birthwort.

HOllow Root grows about a ſpan high, hath ſmall Leaves, it is planted in Gardens, and the Gardners ſell it in their Shops.

Hollow Root is hot in the firſt degree, and dry in the ſecond, and is two years good for uſe in its full force. This Birthwort being beaten ſmall, with Liccoriſh Root cut ſmall, and mingled together with Honey, and ſome of it commonly lickt up is good for Coughing and

ſhort

ſhort windedneſs. Alſo he that hath the Falling-ſickneſs muſt take an ounce of Hollowwort, and ſeeth it in Oyle of Olives, and therwith annoynt the Backbone all over, and that will help him. Hollowroot powdred and mingled with Vinegar, is good to waſh a Scald head and Scabs: Hollowroot drunk in with Wine, or Beer, is good againſt Venome, and drives it forth, and drives alſo the Secondine out.

Butter Bur.

BUtter Bur hath great round Leaves, the ſtalk grows about a Span high; you ſhall find it in moiſt Grounds: the Flowers are very beautifull, the Root is ſtrong and taſts bitter.

Butter Bur is dry in the third degree; This Root dryed, powdred, and drunk in Wine, is good againſt the Plague, and burning Feavers, drives the Venome from the heart, and is a remedy for the riſing of the Mother.

Biſtort, or Snakeweed.

BIſtort hath ſmall crumpled Leaves, on the one ſide they are a dark green, and on the other ſide next the ground, blewiſh green, hath a long ſtalk, and is full of pleaſant Flowers.

The Root is crumpled and red within.

Biſtort cools and dries in the third degree: The Root of Biſtort ſod, and the Liquor drunk is good againſt a looſneſs of the Belly, and the Reds in Women, ſtops their Courſes, and ſtaies Vomiting, openeth the Spleen, and ſoftneth it when it is hard.

Wake Robin, or Cuckopint.

CUckopint hath great green Leaves, and a ſtalk about a Foot high, and hath round Berries.

The Root is white and round.

Cuckopint, which ſome call alſo the Dutch Ginger, is hot and dry as Ginger is; Theſe Roots preſerved with Sugar or Syrup, are good to take againſt flegm in the ſtomach, and to make one ſpit it forth, and againſt Diſtillations that fall down, and for Limbs that are pulled together by Convulſions. They are good alſo layd outwardly, upon very ſtinking Sores, and for Spots that cover the ſight.

Satyrium.

SAtyrium Leaves are almoſt like to white Lilly leaves, with very fair flowers. The Roots

Roots are two round ſmall Knobs, and they grow in green ſandy Ground. There are very many ſorts of theſe Satyriums, they are warm and moyſt. Theſe Roots ſod in new Milk and eaten, are good for people in Conſumptions, they ſtrengthen the Reins, make a man luſty, and nouriſh well.

Great Comfrey.

COmfrey hath long rough Leaves, the flowers are round and hollow, ſometimes red coloured, and ſometimes pale. The Root is outwardly black, and white within, and grows abundantly in low Grounds, and low Ditches. Comfrey is warm and dry in the ſecond degree; the Root ſod in Mede, or ſweet Milk and drunk, is good for an ill ſtomach, ripeneth the Flegm, and is alſo good for ſpitting of blood, and is a moſt wholſome Root to heal Wounds and Ruptures, and therefore hath it the name in Latine, *Conſolida*, or healing.

Orris, or blew Lillies.

ORris hath green long Leaves, the Flower is moſt commonly purple blew, and it is planted commonly in Gardens.

Orris Root is warm and dry. This Root ſod in Wine, and the Wine drunk, is good for pain in the Belly, and for ſuch as have any Limbs contracted by Convulſions, or are chilled, or ſtiff. It is good alſo againſt the Dropſie and the Stone. This Root powdred, and mingled with Honey, is good to take inward againſt ſhort windedneſs. The root powdred, and ſniſt up into the Noſtrills, makes a man ſnieze, and cleanſeth the head from within.

Pellitory of Spain.

PEellitory of *Spain* hath divided Leaves like to Fennell, and the Flowers are almoſt like to Chamomil Flowers; The root is long and burns upon the Tongue when you taſt it.

Pellitory of *Spain* is hot and dry in the third degree. Pellitory roots powdred and mingled with Honey, and taken inwardly, is good againſt the Falling ſickneſs, alſo for the Apoplex, and for an old pain in the head, and for a cold Brain. The root of Pellitory chewed in the Mouth, makes a man ſpit very much, and is alſo good againſt the Toothach.

Quich Graſs.

THe Roots of ſome Graſs are uſed in Phyſick, ſuch as have ſoft blades, and grows upper grounds. The roots are white and ong, and wrapt together one with another. Graſs is cold and dry.

Graſs-roots ſod in Wine, and the Wine drunk oureth the pain of the belly, and drives out ater well, and is good to take againſt Gravel, nd piſſing by drops.

Admonition to thoſe that deal in Flowers.

DEare Flower-Gardners, Becauſe that great and ſmall Flowers are the principall Ornament of a ell ordered Garden, and many ſeek to make Noſegays o ſmell to, and to deck Flower-Pots, and to make up in undles to cauſe a mans Chamber to ſmell ſweet, and re lent to us poor Pilgrims to refreſh us in our ſorrowull pilgrimage, and to comfort and aſſure us of that appineſs which is to come. For they let us underſtand ow beautifull Heaven is, and the goodneſs of our God nd Saviour, when we ſee and conſider that ſo many oloured Flowers ſpring out of the dark earth, double and ingle, that ſmell ſo ſweet, that it is not poſſible for man o utter it: wherefore when we obſerve this, we ſhould meditate

meditate with our ſelves, how beautifull and noble is Gō that made theſe Flowers, who is the Maker and Saviour of us all, who hath commanded ſo many various Flowers to grow out of the black Ground of ſo many different colours, faſhions, and ſcents; Inſomuch that God himſelf teſtifies in the holy Evangeliſt, That King *Solomon* in all his Royalty was not ſo richly cloathed as one of them: *And we ſee it daily in Summer time that no Silk nor Velvet, nor painting can ſet forth the lively colours of Flowers, and therefore we are bound to love our God and Saviour who makes theſe Flowers and ought to take pains to free our own Houſe from all Weeds of ſin, and to dedicate our ſelves to Gods Service and ſhould alwaies long to come to that place where our God is, and where we ſhall perfectly enjoy all ſorts of rich Flowers, that ſhall for ever grow freſh and never dye, nor wither away. There ſhall the Martyrs be as beautifull red Roſes. There ſhall Virgins be like Lillies and white Roſes; there ſhall humble men be as well-ſented Violets, there ſhall the diſcreet men be as fair white Daiſies, there ſhall thoſe that love God be as fair double Marigold Flowers, and all theſe ſhall for ever be ſhined upon by the Sun of Righteouſneſs, where they ſhall receive everlaſting Felicity, and ſhall alwaies be wet and be bedewed with Gods Grace in eternall Joy.*

Off

Of the Force and Operation of Physicall Flowers.

Marigold Flowers.

MArigold Flowers have three or foure ſtalks about a Foot and half high, covered with long pale green Leaves, and upon theſe there grow up fair Marigold Flowers, that open with the Sun riſing, and ſhut again as the Sun ſets; and there are two ſorts of them, double, and ſingle. Marigolds are ſowed in Gardens, and they flouriſh almoſt from *May*, untill Winter.

Marigold Flowers are hot and dry: Conſerve of Marigold Flowers is good to eat for an Antidote againſt the Plague, and cures alſo fainting and beating of the heart. Marigold Flower Vinegar is fit to be uſed in hot ſickly times, either alone, or elſe ſome Treacle taken with it. Theſe flowers by themſelves, or with the Herbs ſod together, and the Wine drunk, brings down the Courſes. Alſo you may uſe diſtilled Water or Marigolds in ſickly hot weather, when the Plague is abroad, and it ſerves alſo to waſh red Eyes, and heals them. At firſt the young Sprouts are good to put in Pottage, and to mingle with Salades, and the Flowers may be eaten ſtrewed over Salades.

Violets.

Violets.

SWeet Violet leaves creep along the grou as Strawberry leaves do, growing upon ny ſtalks, and the leaves are round, and c browniſh green colour. The Flowers ſm very ſweet. Violets are commonly moſt pl ted in Gardens, though in ſome places t grow wild and blow in *March*.

Violets are cold in the firſt degree, and m in the ſecond. Violets ſod in water and water drunk, is good in hot Feavers, and gainſt the heat of the Liver. Syrup of Viol drunk in, will make one purge gently, an good for a Cough, and for people that are Conſumptions, and againſt a Pleuriſie and p in the ſide. Conſerve of Violets is good for ſame purpoſe, which you ſhall find at the Ap thecaries, as well as the Syrup, and there is Herb more uſed then the Violets.

Violets ſtampt and mingled wet with B ley-meal, and a Pap made therewith, with B ter and Vinegar, is good to be layd upon h Swellings and Impoſtumes. Oyle of Violets good to annoint the Temples of the Head wit to make one ſleep, and to abate pain that com of heat.

Camom

Camomil Flowers.

Camomil Flowers are of two ſorts, namely, Garden Camomil, and wild Camomil. Camomil Flowers have white Leaves, and are low in the middle, they grow under Corn, the Garden Camomil hath but one ſtalk by whereon the Flower groweth, but the wild Camomil hath many ſtalks, and ſerve for nothing but to waſh ones Feet in hot water. So there is Roman Camomil with which they ſet Banks to ſit on. Theſe ſmell very pleaſantly, and the more you ſit upon them the better they proſper, and grow and ſmell more pleaſantly.

Camomil Flowers are hot and dry in the firſt degree. Camomil ſod in Beer, and the Beer drink, is a very ſafe drink, to cauſe one to make water, and to drive forth the Stone. It drives the wind away, and cures the Wind-cholick, and eaſeth all pain. Chamomil Flowers are good likewiſe to ſeeth in water for the Feet: Oyle of Camomil abates all pain, makes looſe and gentle what is ſtiff and hard, and openeth that is ſhut. To break wind, take ſome Camomil Flowers with ſome beaten Liccoriſh, and eat that, and drink a Cup of warm Beer or Wine after it, and that ſhall help you by the Grace of God.

Lillies

Lillies.

WHite Lillies have long and fat Leaves between which there comes forth a round upright ſtalk about three Foot high, and upon this come out well-ſented fair Lilly-flowers, that are beautifull to be ſeen, and it is a great wonder that ſo rare a ſweet white Flower ſhould grow out of the dirty Earth: Lillies are planted in Gardens. The roots and Leaves of the white Lillies ſtampt and boyld in a Poultes as it ought to be, are good for all Swellings if it be layd on pretty thick, for ſo will the ripen the Impoſtume and cauſe it to break. Oyl of Lillies which Apothecaries ſell is good to annoynt any part that is ſtiff, and being drunk with luke warm water, makes a man to Vomit.

Dayſies.

Dayſies are of two ſorts, double and ſingle and ſome are red, ſome white, and ſome ſprinkled. The wild Dayſies grow in the paſture Grounds, and the double are planted in Gardens.

Dayſies are exceeding cold and dry, and muſe them much to cool in hot Feavers. Take Dayſies, and ſeeth them in water with French barley

arley and Rayſins, this is a good Drink for a urning Feaver, and for a hot Liver, and pur-eth gently : one may eat Dayſie Leaves as allades with Oyle and Vinegar, and it will ool and open, and breed a man an Appetite.

Lillies of the Valleys.

Lillies of the Valleys have two green eaven Leaves, as white Lillies have with a ſtalk bout a hand high: upon this there grow ſe-en or eight well-ſented Flowers, that ſmell allantly. Theſe Flowers grow wild under rees, and are alſo planted in many Gardens.

Lillies of the Valleys are warm and dry, the Flowers layd in Wine, of which is better the iſtilled water of them, about half a ſmall Glaſs, ſtrengthens the Memory, makes the Heart merry, cures the Apoplex, and alſo lame-neſs of the Limbs, and Palſies.

White Water Lillies.

WHite water Lillie Flowers grow in the Marſhes and ſtanding Ponds: They are cold and dry. The Conſerve of them uſed is good for a Looſneſs of blood and Choler, and for an over hot ſtomach, makes a man alſo live

Chaſt,

Chaſt, and ſleep quietly, and drives away naughty and unchaſt Dreams, and is good alſo againſt the pain of the Bladder and the Spleen: The Syrup alſo ſold in the Apothecaries Shops, is good for the ſame, to make one take reſt, and to abate burning Feavers. The Leaves are good to cool red hot Eyes, being only bound upon the Forehead.

Piony Flowers.

Piony Flowers are very beautifull red Roſes, the Seed is black plain and ſhining, the roots are white long and well ſented, they are planted in Gardens.

Piony Flowers are hot and dry. The Conſerve of Piony Flowers is good to uſe for them that are troubled with the Falling-ſickneſs; Piony Seeds are good for the ſame purpoſe, or the Seed powdred and drunk in Wine. This will cauſe one to make water well, and cleanſeth both the Liver and the Kidneys. Piony roots ſod in Wine, and the Wine drunk, cleanſeth the Blood.

Panseys.

THey have stalks that are three squared, and the Leaves are blackish green, with notches in them, and the Flowers are lovely, of divers colours. They grow in Corn-fields, and in some places abundantly.

Panseys called Trinity Herb, are temperate, and being sod in new Milk are good for Children that are sick, and are also good for an ill stomach, and Lungs, and by Gods help will cure an Ague.

Wall Flowers.

THey grow upon hard woody stalks, and the Leaves are green, small, and long, the Flowers are a fair yellow colour, and smell well, and every Flower hath four Leaves, out of which the Seed comes in long Husks, they grow abundantly upon old Walls.

Wall Flowers are warm and dry: These flowers sod in smal Beer, or Rain-water, and the Eyes washt therewith, takes Spots away and clears the sight, and is good for them to drink that are troubled with Gravell. The Seed of Wall Flowers powdred and drunk in Wine, is good to provoke the Terms.

Borage and Bugloſs.

THey are both much uſed and generally known.

Both theſe Herbs are temperate, and their force is the ſame. The Syrup or Conſerve of theſe Flowers taken inwardly, makes good blood, drives away the Ague, and is good for Swellings upon the head, and for beating of the heart, for Melancholy, Falling-ſickneſſes, yellow Jaundice, and makes a man merry and glad; the Flowers are excellent to eat, ſtrewed over Sillades.

Couſlips and Primroſes.

THeſe are pale yellow Flowers, and grow wild abundantly, eſpecially in ſandy Ground.

Theſe Flowers are dry in the third degree. From the Leaves and Flowers water is diſtilled that is good to drink againſt Palſies, and you may chop the Herbs and Flowers, and boyl them in Broath, and alſo bake Cakes with them, and they are good for Lame and Sciaticall people, to eat to make them ſound.

Th

The white Daffodill.

THese vomiting Roots have fair white flowers, that smell pleasantly; The root is round like an Onyon, they grow not here of themselves, but are planted in Gardens.

They are hot and dry in the second degree. The root of white Daffodill, sod, roasted, or any way taken in drink, makes a man vomit: The root boyld with Meal, Butter, and Vinegar, makes a Pap that layd to hard Swellings and Impostumes, will ripen them and breaks them: also it heals Nerves that are wounded, and dissolves hard knots.

Yellow Daffodills.

THese are fair yellow Flowers that come very soon forth and are planted in many Gardens. They are warm and dry. The root of yellow Daffodill about two drams sod in Beer or Wine, with some Anniseed, Fennel Seed, and Ginger, and this drink drank down, doth purge by Stool tough flegm, and yellow Jaundice and Dropsie, and serves to cure all sickness that comes from watry humours. The root sod in Milk and streined, and drunk, makes a man vomit lustily, and cleanseth the stomach and Lungs from Flegm and Filth

Sweet Trifoly.

SWeet Trifoly hath a round hollow ſtalk, and Leaves like three Leaved Graſs that ſmell ſweet, and theſe are planted in Gardens.

The Flowers muſt be gathered at the time that is proper and ſeaſonable, and when they bee dryed under paper, they muſt be infuſed in oylee of Olives in a Glaſs, and ſet in the Sun; and when they have ſtood in the Sun for ſome time, there will come from them a pure oyle that may be uſed outwardly or inwardly, and is good for all Wounds, Grief, or Pain, and for all Ruptures, and Bruiſes by Falls or Blows; with this Oyle many a poor man is helped, wherefore the Rich ſhould alwaies keep it by them to help the poor.

Blew Bottles.

THe Corn Flowers are called blew Bottles, they have cornerd ſtalks, and ſmall Leaves, and beautifull blew Flowers. The blew Bottles grow under the Rye.

Blew Bottles are cold and dry; Theſe flowers dryed and put into French-wine with Mace into an earthen Pot, and this Pot ſet under ground for ſix weeks, this Wine drunk after, this is good for the Dropſie; and water diſtilled

lled from these Flowers is good to wash red running Eyes, for it cools and heals them.

Corn Poppy.

CORn Poppy brings faire red flowers, and they grow in Corn in abundance, were they not so plentifull, and if they came from forreign Countries, men would value them more then they do.

The flowers are cold in the fourth degree; water distilled from them is good to drink against the Plague, and burning Feavers, and a hot Liver, and makes also a good Gargarisme for a burning Throat, and sore Mouths. Four or five of the heads sod in Wine, and the Wine drunk, will make a man sleep well.

Hollyhocks.

HOllyhocks bear very faire flowers of many colours, as red, white, carnation, and some are single, some double. Hollyhocks are moderately warm and moist.

The water of Hollyhocks wherein the root and leaves are sod, doth soften the hardness of the Mother, if the sick be bathed therewith, and

the ſame water is good in Clyſters to ſoften the inward parts. The Roots, Flowers, and Leaves are good ſod in a Poulteſs, to ripen all hard Swellings and to break them, and draw forth Splinters and Thorns, and are good to lay upon Womens ſore Breaſts.

Melilot Flowers.

MElilot Herb and Flowers ſmels very ſweet the Leaves grow three together, like three leaved Graſs, and are carved round about; the flowers are yellow, and grow thick togegether upon ſhort thin ſtalks, and grow wild commonly, yet ſome plant them in Gardens. Melilot flowers are warm and ripening. Melilot flowers ſod in Wine and the Wine drunk, cauſeth a man to make water, and drives forth Gravel, eaſeth the pains of the Kidneys, Bladder, and Belly, and ripeneth the Flegm in the Breaſt, and brings it forth by ſpitting; it ſerves alſo to waſh the Eyes that have ſpots in them. Melilot Flowers ſod in ſweet Wine and ſome Meal, and the Yelk of an Egg, will ripen and break hard Swellings.

Winter Gilliflowers.

WInter Gilliflowers are fair and well ſented flowers, and ſome are as white as Snow, ſome Carnation, ſome red, they grow moſt in Gardens, and laſt all the Summer. Winter Gilliflowers are excellent to be diſtilled, to make ſweet ſented Water to waſh Ladies Hands and Face with, to make them fair, and to ſmell ſweet.

Clove Gelliflowers.

CLove Gelliflowers are gallant ſweet flowers, ſome double, ſome ſingle, ſome red, ſome white, and ſome of other colours, and moſt ſerve to make Noſegays, and to lay in Windows to adorn the Houſe, rather then for Phyſick.

Clove Gelliflowers are temperate. Conſerve of Clove Gelliflowers ſtrengthens the heart, and is good againſt the Plague and burning Feavers. Vinegar of red Clove Gelliflowers is good to uſe againſt fainting, and peſtilentiall Diſeaſes.

Royall Conſound.

THe Flowers are fair and lovely, and of ſeverall colours, ſome are Sky blew, ſome vvhite, ſome carnation, and they grow upon a round hollow ſtalk, the Flowers have a long crooked thing like a Spur. They are ſowed in Gardens, and blowe almoſt all the Summer.

Royall Conſound is temperate in heat. The Seed drunk in Powder is good againſt the bitings of Scorpions.

Columbines.

THeſe are very fair Flowers, ſingle and double, and are ſome as blew as the Sky, others are white, and ſome are Carnation, and as the Flowers fall away, ſo comes there a black Seed that grows in Pods.

Columbines are temperate in heat, and are ſeldome uſed in Phyſick.

Fox-Gloves.

THeſe are faire, long, round, hollow Flowers, like to Finger-ſtalls, and are ſome red,

and

nd white within, others are yellow.

This Herb is hot and dry. The Plant ſod n Water, or Wine, and the Liquor drunk, is ood for groſs Flegm in the Breaſt, and againſt he ſtopping of the Liver, Spleen, and Bowels, it muſt be drunk with Sugar and Honey mingled vith it.

Honeyſuckles.

THe Flowers ſmell ſingularly well, they are handſome in Gardens, for ſo ſoon as the lowers are fallen off, there grow up Berries in the place that are red when they are ripe. They grow vvild in many places, but tranſplanted they proſper more. Honeyſuckles are warm and dry almoſt in the third degree.

Water diſtilled from Honeyſuckle Flowers, is excellent good if linnen Rags be wet in it, and layd upon corrupt Wounds, the Canker and Impoſtumes that are broken, and it heales Freckles of the Body, if they be waſht often vvith it.

Honeyſuckle ſod in Wine and drunk, powerfully drives out by Urine all filthy humours, and openeth the Spleen that is ſtopt, and makes it ſmall and well.

TO

TO THE

READER.

THere are many rare Flowers that are not here deſcribed, becauſe they ſerve more for ſhew and Ornament in Gardens, then they do for Phyſick: As the fair Tulips of ſo many choice Colours, and the Crowne Imperiall are gallant Flowers, but they ſerve neither for the Kitchin, nor for Phyſitians Uſe.

Admonition to the

GARDNERS.

COurteous Gardners, I pray God to ſend you all happineſs: You underſtand well loving Friends, that a comely Garden wherein there grow pleaſant Herbs, muſt be well guarded and defended againſt Thieves and ill men; Or elſe you ſhall never keep it:

Even

ven ſo we muſt be watchfull and take great heed that e loſe not the Grace of God, by ſloath and idleneſs, or ll Company, whereby we may be brought to lead a cked life in ſins and unbelief; but if we be carefull d mindfull of what God hath beſtowed on us, and quires from us, then ſhall we continue upon our ard, leading a vertuous Life, and ſhall at laſt be rownd with Glory and Immortality, which God of his ercy will freely give unto us.

Of the Nature, Force, and Operation of Herbs that ſmell ſweet.

Roſemary.

ROſemary is a woody Plant, and hath many Branches vvith ſmall tender Leaves, vvhite underneath toward the ground, but reen on the upper ſide, and the Flovvers are vvhite. It is planted moſt in Gardens, ſmels excellent vvell, and is much uſed in Meat and Medecine.

Roſemary is warm and dry in the ſecond degree. Roſemary ſod, and the Liquor drunk, rings a man an Appetite to his Meat, cures he Jaundice, ſtrengthens the Memory, Brain,

and

and Sences, rejoyceth the Heart, renews the blood, and is good uſed for many Diſeaſes. Conſerve of Roſemary Flowers ſold at the Apothecaries, is for the ſame uſe, and is good for the Apoplex and Palſie in the Tongue, and to bring one to ſpeak again that hath loſt his Speech.

Lavender.

LAvender hath four ſquare ſtalks, and longg ſmall Leaves; the Flowers are blew: this is planted in Gardens.

Lavender is warm and dry in the ſecond degree. Diſtilled Lavender Water is good to drink, one Spoonfull or two by them that are falne into a Palſie: It drives out the Secondine, and cures the ſhaking of the Hands, and trembling of the Head, and reſtores Speech loſt by reaſon of the Palſie.

Sage.

SAge is of two kinds, fine Sage and groſs Sage, and both theſe ſorts are vvell known, for they are planted in almoſt all Gardens.

Sage is vvarm and dry in the third degree. Sage ſod in ſmall Beer and drunk, is good againſt the Apoplex, and Falling-ſickneſs, and for

or pain of the head that proceeds from Cold, nd it is good alſo for a foule ſtomach. Sage od in ſweet Milk and gargled in the Mouth is good remedy to cure the falling of the Palate, nd to heal a Throat that is very hot and fiery.

Thyme.

THyme hath little tender woody ſtalks with ſmall Leaves, that taſt very ſtrong, and it planted in Gardens.

Thyme is hot and dry in the third degree. Thyme ſod in Wine and the Wine drunk, trengthneth the Brain and Memory, and betters he Underſtanding, drives forth the Secondine, leanſeth the blood, and is good for thoſe to rink that have been frighted, and are Melan-holy, and againſt the Falling-ſickneſs, or are roubled with the Sciatica. It ſcoureth the Breaſt of tough Flegm, and drives avvay Wind.

Hyſop.

THis hath four ſquare vvoody Branches and ſmall Leaves, that taſt ſtrong, and it is ſovved in Gardens.

Hyſop is hot and dry in the ſecond degree, nd is a good Herb for the Lungs. Hyſop ſod half

an

an hour in ſweet Milk, and then the Herb ta
ken forth and caſt away, and the Milk drunk t
warm with Sugar, is a very good remedy fo
the Lungs, cures a Cold, clears the Breaſt, an
makes a man have a long wind, and provoket
Sweat. Hyſop ſod with Water and Vinegar
a good help for the Toothache.

Marjoram.

MArjoram is an Herb that ſmels well, an
is ſufficiently known ; it hath tendd
ſmall Stalks, with ſoft Aſh-coloured Leaves
and is yearly ſowed in Gardens.

Marjoram is warm and dry in the third de
gree ; Marjoram rubbed and put into the Noſ
ſtrils, makes one ſneize, and draws much moy
ſture from the Head, ſtrengthens the Brain an
Memory : Marjoram ſod in Wine is good t
drink for the Dropſie, the Gravel, a cold Sto
mach, and for Lameneſs.

Penniroyall.

PEnniroyal is a well ſented Herb creeping a
long the Ground, the Leaves are roundiſh
the Stalks are ſmall and tender, the Flower
grow round the Stalks, and are ſome of Snow
whit

white colour, and some blewish. Penniroyal grows naturally in wet and unmanured places.

Penniroyal is warm and dry in the third degree. This Herb sod in Wine, and the Wine drunk up, helps forward Womens Courses, and drives forth the Secondine, or after burthen makes one Urine well, is good for the Stone, forceth out Melancholick Humours and Wind, heals the Sinews that are drawn together by Convulsions, is good also against the Wambling of the Stomach, and for the Falling-sickness, and against all Meats and Drinks that men may have taken, and it drives away the Gout.

Wild Thyme.

WIld Thyme hath many woody slender long Stalks that creep along the Ground, and hath small Leaves like to Thyme, and it smels singularly well, the Flowers are of a purple colour; it grows upon Sandy dry and high Ground.

Wild Thyme is warm and dry in the third degree. Wild Thyme sod in Wine, or Water, with a piece of Liccoris, and the Liquor drunk, brings down Womens Courses, drives forth the Gravel and the Stone, stops the looseness and pains of the Belly, and sostneth the Nerves that are by Convulsions drawn together.

Savory

Savory.

SAvory hath ſmall Leaves, and the Flowers are whitiſh, or carnation, and ſmel ſweet: This herb is yearly ſowed in the Garden, and is much uſed in Dyet, the nature and force of it is like unto Thyme, it may be uſed in Pottage or elſe to dreſs Beans with.

Wild Savory.

WIld Savory hath little ſmall Leaves, and the Flowers are white, or carnation, this is planted in Gardens. Wild Savory is hot and dry like unto Thyme, and is good and wholſome to boyle with Meat inſtead of Spices, as men formerly were wont to do, when they knew not of any Spices from forreign Lands.

Another Wild Thyme.

THis hath ſmall Leaves, and is an herb that ſmelleth well, and bringeth white Flowers.

This wild Thyme is hot and dry in the third

ıird degree. Sod with new Mill and drunk, : is excellent to provoke Urine, and cures the)ropſie, and ſwelled Legs, and great Bellies: If : be rubbed in the Hand and thruſt up into the loſe, it purgeth the Head, and draws many hu-ıours from the Brain.

Botris, or Oke of Jeruſalem.

BOtris hath ſmall deep hatched Leaves, and under-neath they are purple red, and it ath many Branches. The Seed hangs by the alks like unto ſmall Grapes, and it ſmells vell, being planted in Gardens.

Oke of *Jeruſalem* is warm and dry in the ſe-ond degree: This Herb cut and eat with Su-ar Cakes, is excellent for an ill Stomach, drives way Flegm, and cauſeth a long Breath. This lerb dryed and layd by Cloaths, maketh them o ſmell well, and if it be boyld in Meat, it nakes the Meat taſt well, and ſmell accord-ngly.

Baſill.

BAſill hath round Stalks and many Shoots on the ſides. The Leaves are carved round bout, and are very ſweet ſented, and it is year-y ſowed in Gardens.

Baſil is warm and moiſt, and if it be cut ſmall and bound up in a Rag, and hanged in Wine, and the Wine drunk, it drives away ſorrow, and refreſheth the heart, cures a husking Cough and it is good to ſmel to this herb againſt ſwimming of the head, for it ſtrengthneth the head.

Mints.

Mints have four-ſquare brown and reddiſh hairy ſtalks, and dark hatched leaves, they ſmell pleaſantly, you have them growing in the Gardens, and they grow in the fields alſo.

Mints are warm and dry. This herb cut ſmall and with Vinegar layd warm upon the ſtomach, drives away wambling, and cauſeth a man to have an Appetite to his Meat, and is good to apply to the bitings of mad Dogs. The ſmell of this herb will make a man freſh and merry, and when it is ſod in Wine, and the Wine drunk, it kils the Worms, cures pains of the Belly, and helps a Woman in her Delivery, and cleanſeth a foul ſtomach.

Balm.

Balm hath four-ſquare Stalks, and blackiſh green Leaves, and ſmels almoſt like Citrons.

The:

The root is woody, you find it planted in Gardens.

Balm is an excellent herb, and it is good for many Diſeaſes; this herb ſod in Wine is good to drink by them that are given to fainting and ſwooning Fits, that proceed from cold, as it often falls out with Women. This Wine is alſo good to drink againſt Venome, and againſt the bitings of mad Dogs. Balm ſteept in Wine and drunk, is good to ſtrengthen the Memory, rejoyceth the heart, makes a man ſleep well, and is good for a foul ſtomach, and ſhort Windedneſs, and for Gravell and pain in the Reins, kils Worms, and is good moreover for the yellow Jaundice and the Dropſie.

Coaſtmary.

Coaſtmary hath round Stalks, and long, fair whitiſh greeniſh Leaves, and hath a ſtrong ſmell, and a bitter taſt.

Coaſtmary is warm and dry in the third degree. Conſerve of Coaſtmary is good to cure the Reds, and hinders Defluxions, and drives away all pains of the Belly, if a man uſe to take the quantity of a Cheſtnut, or a man may cut the herb ſmall, fry it with Eggs, and ſo eat it.

Southernwood.

THere are two ſorts of Southernwood, great and ſmall: Southernwood hath a woody Stalk, and many Branches, and hath many hacked Leaves; The Flowers are yellow, golden coloured knobs, and they grow along the Branches. Southernwood grows not here but what is planted in Gardens: Southernwood Seed powdred with ſome Liccoriſh, is good to make a man ſpit out flegme from his Breaſt, drives out Worms, and furthers Womens Courſes.

Southernwood is hot in the firſt degree and dry in the third degree, Southernwood ſteept in Wind, and the Wine drunk, is good for the riſing of the Mother, cures the yellow Jaundice, and Dropſie, kils the Worms, opens all obſtructions, cleanſeth the Stomach, and breaks the Wine. Southernwood ſtampt, and with Salt and Oyle bound to the Pulſes, drives away the cold fit of an Ague.

Featherfew.

FEatherfew hath many tender nicked Aſh-coloured Leaves, the Stalks grow two or three Foot high, and upon them grow Flowers that

that are white and yellow in the middle, that ſmell ſtrong. This herb is planted in Gardens.

Featherfew is hot in the third degree, and dry in the ſecond. Featherfew dryed and powdred, and mingled with Honey, and two drams of weight taken at a time, purgeth well, and cures Vertigo's and ſwimings in the head, and Melancholy, and Worms. Featherfew ſod and drunk is good againſt unfruitfulneſs of Women: Featherfew ſod in Water, and the Body bathed therewith, is good for the hardneſs of the Mother.

Rue.

RUe hath round Stalks, and there grow upon them blewiſh green Leaves that ſmell ſtrong, and it is ſet in Gardens.

Rue is warm and dry in the third degree: the diſtilled Water of it is good for dark Sights to waſh the Eyes with, it ſtrengthens the Eyes exceedingly. And Rue eaten with Bread and Butter, is good in hot ſickly times, keeps off the Plague, if you joyn good Prayers with the uſe of it.

TO THE

Herb-Sellers.

COurteous Friends, my hearty desire is that you may posper: You know well, that the Earth of its self brings forth nothing but Weeds, and therefore it is necessary for the Ground to be Manured, that it may bring forth good Fruit, and yet though we do plant good Fruit, and sow good Seed, Weeds will alwaies grow up and overtop them, choake, and destroy them. So it is with our corrupt Nature, that is alwaies contrary to that which is good, and striving against the Spirit of God; wherfore we must manfully fight against our corrupt Nature, and not do the Lusts of our wicked Flesh, but that which the rationall Soul commands. So shall we over-come our corrupt Nature, and get the Victory over our selves, that we shall not fulfill our own foul desires, but shall do what we ought to do: We should think that our Life is short,

and

and that the time we have to work the works of Vertue, is soon gone, and the Reward shall be everlasting Life.

Fare you well.

Concerning the Physicall Plants in Gardens, and Pot-Herbs; Of their Nature, Force, and Working

Carduus benedictus.

CArduus benedictus is a Thistle, and hath long hairy Leaves that are hacked deep round about: The Stalks are rough and hairy, the Seed is long, and grows in a head, and is sowed in Gardens.

Carduus benedictus is warm and dry, and is a blessed Plant. Carduus dryed and steeped in Wine, and the Wine drunk, strengthens the

Memory and Sences that are any waies decayed, and is good for pain in the head, and for a foul ſtomach, cleanſeth the blood and opens Obſtructions of the Liver and Spleen. Carduus Water is good for ſore Eyes, and cures them, if they be waſht with it. Carduus ſod in Beer, and this drunk hot with a little of the powder of it, makes a man ſweat well, and cures the Quartern Ague and the Plague, makes Urine run freely, and drives forth the Stone. Carduus is good alſo for ſwimming of the head, and helps Deafneſs. Pills of the Powder of it made with Honey, and ſwallowed down, helps the ſtraightneſs of the Breaſt, and is good for a Conſumption.

Sanicle.

THis Herb hath browniſh green round, carved Leaves with Corners, and hath two Stalks, upon which grow round knobs, full of ſmall white Flowers. It is very much planted in Gardens, and yet it grows wild alſo.

Sanicle is dry and aſtringent, and is an excellent herb for Wounds, and from healing it hath its name *Sanicula*. This herb cut ſmall and baked with Eggs, helps Rupture, and ſtaies a looſneſſe; If the herb be ſod, and the decoction drunk vvith Honey, it is good for ſpitting of blood, and for a ſoare Throat, and rotten Gumms.

Pimpernel

Pimpernel.

PImpernel Leaves are long and jagged, being green above, and blewish under-neath, and upon the top of the Stalk are small heads. The Plant is much to be found in the Marshes, and is much sowed in Gardens.

Pimpernel is dry and cold in the third degree, Pimpernel steept in Wine and the Wine drank, makes the Heart merry, and rejoyceth a man: the same Wine drunk stops Vomiting and pissing of blood, stops Womens Courses, and cures all Wounds, and the panting of the Heart.

Cresses.

CResses have small divided Leaves that tast hot and biting; the Flowers are white, and the Seed is red, and is sowed in Herb-Gardens.

Cresses are hot and dry neer to the fourth degree. The young Leaves eaten with Butter and Bread, are good for a cold stomach. Cresses Seed powdred and taken inwardly, purge by stool and drive out Worms, provoke the Terms, dissolve bruised blood, and ripeneth Flegm in the Breast.

Nip

Nip.

NIp hath long ſoft whitiſh jagged Leaves, and the Seed grows on the top.

Nip is hot and dry in the third degree, and ſod in Whey and drunk, cures the Leproſie, and kils the Worms, makes one ſweat, drives Venome from the heart, ſcatters bruiſed blood, as any one is hurt inwardly, and it takes away ſpots in the Eyes, if you waſh them with it.

Cole, or Cabbage.

THere are divers ſorts of Cabbage. Cabbage is hot and dry in the firſt degree. The Liquor where Cabbage hath been boiled in, mingled with a good piece of Butter and Sugar, and drunk, purgeth and cleanſeth the Breaſt from flegm. Juice of Coleworts ſnuſt up into the Noſtrils, cleanſeth the Brain and Head from flegmatick humours. Cabbage Seed is good to take againſt the Worms, for it kills and drives them forth, Colewort Leaves cut into a Poultes, or laid on Plaſterwiſe, cure all Ulcers.

Sorrel.

Orrel is uſed much both in Sauce and Phyſick.

Sorrel is cold and dry, and being ſod in hey, or Butter-milk, and drunk, is good for ward heat, clears the blood, and quencheth irſt, and is good to drink againſt hot Feavers, d cures Scabs and Scurf, if you waſh them ith it.

Succory and Endive.

Uccory and Endive are both of the ſame orce and operation: they are cold and dry moſt in the third degree. Water diſtilled from oſe Plants, drunk with Sugar, is good for a ot ſtomach and Liver, and againſt the yellow aundice, and the Quartan Ague.

Purſlan.

Urſlan hath thick round, reddiſh Stalks, and thick longiſh Leaves, ſometimes it rows of it ſelf in Gardens.

Purſlan is a very cold herb to the third degree,

gree, and moiſt in the ſecond degree. Purſla
eaten for Sallade with Oyle and Vinegar, curr
all inward heat, ſtops the Terms, cools the c
ver-hot ſtomach, and keeps a man chaſt, ann
is profitable againſt burning Feavers. Purſlaa
ſtampt is well applyed to St. *Anthonies* fire, ann
npon red running Eyes, and cures all heat.

Lettice.

LEttice eaten for Sallade, cools the blooo
and makes a man ſleep well: It is cold ann
moiſt. Eaten with Oyle and Vinegar, it re
freſheth the blood that is over-hot, and quenchh
eth thirſt, and ſerves to extinguiſh and abate a
heat. Lettice Seed ſtampt and eaten with breaa
and Butter, will bring a man to reſt.

Cucumbers.

CUcumbers are exceeding cold and moiſt
and eaten with Oyle and Vinegar for
Salade, cool all inward heats; but they arr
not good to eat often of them, yet their Seed i
excellent for Emulſions.

Pompions

Pompions.

Pompions are cold and moist, and are eaten otherwise then Cucumbers are: Pompions sod in new Milk, or Broath, and that thickned with Meal, and a Pap made thereof, and eaten, cools a hot stomach, and is not unwholsome Food. The Seeds stampt, or their Husks taken off, are commonly used in burning Feavers to cool the blood.

Beets.

Beets are good Pot-herbs. Beet-roots cut handsomely and put in Oyle, are good to make Suppositaries for such as are in Consumptions, you may also cut them to thrust them up into the Nostrils: This is good to cleanse the Brain, and to cure pain in the head. Beet-roots well stewed, and Oyle and Vinegar powdred upon them, are a very wholsome Dish, and are easily concocted.

Chervel

Chervel.

CHervel is daily boyled in Pottage. Chervel boyled in a new earthen Pot with Wine and then the Wine streined through a Clout and drunk with Sugar, is good for those that are inwardly bruised by Falls, or otherwise scatters the clotted blood. Chervil Porrige makes one make Water well, drives forth the Stone. It is good also for a foul stomach, and for pain in the Side.

Sparagus.

SParagus is temperate, the young Sprouts are eaten for Sallade, with Oyle and Vinegar, and they open Obstructions, clear the Breast from gross flegm, make marryed people lusty, and cure the yellow Jaundice.

Wormwood.

WOrmwood is of two sorts, the Common and the Roman Wormwood: The common Wormwood hath Ash-coloured leaves that are much jagged, and very bitter of taste and

d bear ſmall yellow knobs to Flowers. The oman Wormwood hath ſmall jagged Leaves. Wormwood is warm in the firſt degree, and y in the third. Conſerve of Wormwood, or ormwood Wine, are good to cure an ill ſto- ach, and cold Liver; and for the Dropſie and llow Jaundice, kills Worms, ſtops Vomi- ng, cleanſeth the blood: Wormwood Oyle good to annoint upon the Belly, and Navel, d Pulſes, and Noſtrils, to kill the Worms.

Betony.

BEtony is a bleſſed Herb, and is of great uſe in Phyſick, and in the Kitching alſo.

Betony hath long darkiſh green Leaves nickt ound like unto a Saw, ſmels well, and hath a ureſquard Stalk, and the Flowers are very veet in ſent.

Betony is warm and dry in the ſecond de- ree, Betony ſod in Broath is good to drink or people that are in Conſumptions, clears the reaſt and Lungs of Flegm: Betony Leaves be- ng dry and powdred, drunk with Mead, are ood for ſuch to drink whoſe Sinews are runk, alſo they cure Fits of the Mother, and ring down the Terms, they open the Liver, pleen, and Kidneys, and help the Dropſie. Conſerve of Betony taken in frequently, cures ains of the head, ſtrengthens the ſtomach and he ſight, and helps running Eyes. Betony boyld

boyld with Honey and Beer, is good to drink for flegm in the Breast, drives out the Stone provokes the Terms, purgeth something by Stool, and prevents ill Dreams, making one to sleep well.

Admonition to the HERBALISTS.

DEar and wel beloved Brethren, as Happiness attend you; You know well loving Friends, that all the outward things of this World are but to teach us concerning that which belongs to the inward Man: and the Earth is the Theater for us to behold the Heavens by. When therfore men go a simpling, they ought well to observe the wonderfull Works of God, and to bethink themselves of his great goodness: We see the Sun shine and hear the Birds sing merrily, and behold the fair Trees springing out of the Earth we gather the Fruits of the Earth, the Beasts they are at our Service, the Sea affords us almost all manner of Fish; we see the change of Times and Tydes: What doth all this teach

each us, but that there is a God who made the Heavens and the Earth, and all that is in them of nothing, and hath bestowed upon us the use of his Creatures: who is over all, and knows and sees all, who never lets good Works pass unrewarded, nor ill Deeds unpunished. This living God we ought to fear, love, honour, serve, and obey, and to praise & thank him for all his Benefits, to pray unto him to forgive us all our sins that we have committed, and to desire humbly his Grace, that hereafter we may lead a sober, righteous, and godly life, doing to all men as we desire they should do to us, and exercising our selves in the works of Mercy. So shall we here receive Grace from God, and shall pass from this miserable life, to immortality, which the Lord God will freely give us for Christ Jesus sake his dearly beloved Son and Lord,

AMEN.

Concerning Plants that Men find in the Fields when they go a Simpling; and of their Force and Operations.

Chriſts-ſpear, or Adders-tongue.

ADders-tongue hath but one Leaf, and a ſmall Stalk, and a little long Tongue.

Adders-tongue is dry in the third degree: Barbers know this Herb well enough, for it cures all Wounds and Ruptures, if it be ſod in Wine, and the Wine drunk, and Linnen Cloaths wet in the like Decoction, muſt be laid to the place affected. Sod in ſmall Beer and drunk, it cures a hot Liver, and a burning Feaver.

Great Docks.

THere are two ſorts of Docks, the great, and the ſmall: Burdocks are known well enough, for they grow in moſt places.

Docks are of a drying and ſoftning quality.

Seeds

eed of great Docks powdred and drunk in Vine, is good againſt the Sciatica; one dram eight of the Root taken inwardly with the ernels of Grapes, is a precious remedy for hoſe that ſpit blood and Mater. The green eaves beaten with the white of an Egg, heale urning, and are effectuall to lay upon all old llers.

Burdocks are hot and dry in the third degree he root ſod in Wine, and the Wine drunk, is ood for coughing, and provokes Urine.

Tanſey.

TAnſey is called in Dutch *Wormkruit*, and hath many jagged ſtalks, the Seed is yelow.

Tanſey is hot and dry in the ſecond degree, nd the Seed of it is good Wormſeed: a man ay take it in with Sugar, or with the Pap f an Apple for the Worms, and it helps ſuch s make Water with pain.

Coltsfoot.

COltsfoot hath great round Leaves, and many Corners of them ſtick forth, they re green on the upper ſide, and whitiſh under-

neath, the Flowers are yellow, they grow in fat watry Grounds.

Coltsfoot is cold and dry. This Plant layd upon hot Swellings, draws forth the heat cures alſo St. *Anthonies* fire, running Eyes, ſcab by heads, burning of the fire, and Sun-burns The diſtilled Water drunk cures a dry Cough.

Scrofularia, or Pilewort.

THis Herb hath four-ſquare hollow Stalks and brown hacked Leaves almoſt like to Nettles, the Flowers are like to a Helmet, the Root is white and hath many knots.

Pilewort is hot and dry in the third degree The Herb and Root ſod to Pap with Vinegar and Butter, is good for hard Swellings being applyed to them.

Pellitory of the Wall.

PEllitory hath round tender tranſparent browniſh red Stalks, and long Leaves, the Root is reddiſh and grows commonly on old Walls. Pellitory ſtampt with Vinegar, quencheth St. *Anthonies* Fire, and draws heat out of the Body, is good for the Gout, and takes the Swelling away. Pellitory ſod and drunk, is good againſt an old Cold, and the Gravel, and

the

he Strangury, you may also lay the Herb warm upon the *Scrotum*.

Scabious.

SCabious hath small long hairy jagged leaves, with a round hairy stalk, the Flower is blewish, the Root is white and long, and it grows much in Sandy Ground under the Corn.

Scabious is warm and dry. Scabious Water drunk is good against the Pleurisie, and pain of the Sides. Scabious sod, and the Decotion drunk with Sugar, clears the Breast and the Lungs, drives away a Cough, and Scurff and Scabs, and cures Impostumations, and it is good for the Plague, drunk with Treacle.

Howsleek.

HOwsleek hath great, fat, thick, and small Leaves, and hath a stalk about a Foot high, whereon grow Leaves also, and it flourisheth upon Thatcht Houses commonly and Walls.

Howsleek is cold and dry in the third degree. Howsleek stampt and boyld with Beer, is good to lay upon burning Blisters and painfull Pushes, for it dries them up and sends them going. The Leaves stampt and layd upon the Forehead cures the pain of the head proceeding from

heat, it is good alſo for Wild-fire, and for running Eyes, and for the Reds, and for heat in the Mouth.

Flixweed.

FLixweed hath ſmall hacked Leaves, round Stalks, and pale yellow Flowers that change into Pods, wherein there lyeth a ſmall round Seed, which is called red Flixweed Seed. The Seed ſod in new Milk and eaten hot, is good for the reds, and for looſneſs of the Belly.

Scurvygraſs.

SCurvygraſs hath a thick Leafe like to a Spoon, and the Flowers are white, and grow abundantly neer the Sea-ſide, and upon Ditches.

Scurvygraſs is hot and dry, men uſe to eat it with Bread and Butter, or they ſtamp it and ſeeth it in Beer, it is good againſt the Scurvy and ſore Mouths, and ſpots on the Skin.

Mullens

Mullens.

MUllens have ſoft woolly Leaves, and a long Stalk, with fair yellow Flowers, and grow in ſandy Ground.

Mullens are dry, this herb with the root ſod, and the Liquor drunk, is good for the Reds, and Scouring, and for a Cough, and to make a man ſpit up flegm from the Breaſt, and againſt Ruptures, and is good for the Piles, Toothache, and ſwelling in the Throat.

Nettles.

NEttles are of two ſorts, dead Nettles, and ſtinging Nettles.

Nettles are hot and dry. Nettles ſod and drunk, provoke Urine well, and are good againſt the Stone. Nettle Leaves ſtampt and mingled with Salt, cure Ulcers, Cankers, and bitings of mad Dogs, applyed to the part that is grieved.

Yarrow.

YArrow hath round ſtalks, and long divided Leaves, and hath white and alſo carnation Flowers.

Yarrow is a wholsome and drying herb, if it be cut and fryed with an Egg, it is good for Ruptures, and all Looſneſs and Fluxes of Blood, ſtops the Courſes, heals Wounds.

Saxifrage.

SAxifrage is hot; ſod in Wine and drunk, it cleanſeth the Reins and the Bladder, breaks the Stone, and drives it forth, is good againſt the Strangury, and pain in the Kidneys.

Centory the leſs.

CEntory hath ſquare ſtalks and ſmall leaves, and fair reddiſh Flowers, and grows in ſandy Ground.

Centory is hot; ſod in Beer and drunk, it cures Agues, and purgeth Flegm, kils Worms, opens Obſtructions of the Liver, ripeneth Impoſtumes, and is good againſt the yellow Jaundice.

Nightſhade:

NIghtſhade hath round ſtalks about a Foot high, the Leaves are dark green, the flow-

ers

rs are white, and the Berries are first green, and afterwards black, and grows abundantly neer dry Ditches.

Nightshade is cold and dry in the second degree. If you wet Rags in the distilled water, and lay them on hot Swellings, and Inflamations, it drives them away, and cures pain of the head and Swellings.

Water-Cresses.

WAter-Cresses have round and hollow Stalks, and fair green round Leaves, and grow much in Watry places.

Water-Cresses are hot and dry in the second degree. This Herb well washt and eaten for Salade with Oyle and Vinegar, is good against Gravel and pain in making Water, and is a remedy for heat in the Urine, and against all stoppings in the Kidneys and the Bladder.

Winter-Cresses.

THis Herb hath green, fat, even, round leaves, and the Flowers are yellow, it grows naturally in Gardens and manured Ground; this is of the same force with Water-Cresses, you may also eat it for Salade, and it provokes Urine

rine, cures the Strangury, and it drives forth the Stone.

Middle Comfrey.

THis Plant runs along the ground, hath dark green Leaves, and four-ſquare upright ſtalks, the Flowers are moſt blew, and it grows in Meadows and graſſe Fields,

Middle Comfrey is dry; it is good boild in Drink for thoſe that are inwardly bruiſed by blows or falls, ſcatters blood clotted, and cures the yellow Jaundice and Agues.

Bitterſweet.

BItterſweet hath long woody ſtalks, and grows neer Trees and Hedges.

Bitterſweet is hot and dry, and the Flowers of it are blew, after the faſhion of Turkiſh Turbans. Bitterſweet ſod in Wine and drunk, is good againſt Bruiſes, for it ſcatters clotted blood, provokes Urine, openeth the Liver, and is good for the yellow Jaundice.

Groundſell

Groundsell.

Groundsell hath deep carved long Leaves, and grows by the High-waies, and upon untilled Ground. This Herb is used to be hanged upon Birds Cages, and it recreates the Birds.

Groundsell is cooling; This herb root and all sod in Malligoe Wine, and drunk cures a cold stomach that is in pain; the Leaves may be eaten in Winter for Salade. Groundsell stampt and made in a Poultess with a piece of Butter, ripeneth Impostumes, and breaks them.

Marsh Smallage.

Marsh Smallage hath dark, green, shining Leaves, jagged round, and the Flowers are white, and a small Seed comes after them.

Marsh Smallage is hot and dry; This herb sod in small Beer, and drunk with some good Honey Morning and Evening, is good for pain in the Kidneys, breaks the Stone, and provokes much Urine, driving out Venome. The Seed chewed, makes the Mouth smell sweet, and sod in Wine with Parsley Roots is good to drink against the Dropsie.

Anagallis,

Anagallis, Pimpernel.

THis Pimpernel hath red Flowers, and ſmall four-ſquare Stalks, it grows abundantly in the Corn-fields: It is hot and dry; ſod in Wine and drunk. it unſtops the Liver and Kidneys, and cures the bitings of venomouss Creatures: the Juice of it ſnuffed into the Noſtrils clears the Brain, and draws much filth out of the head, it cures alſo Impoſtumes.

Shepheards Purſe.

SHepheards Purſe hath round Stalks, about a Foot high, with long, thick, jagged leaves, the Flowers are white, and when they are gone then come Pouches. Shepheards Purſe cools and binds, the herb dryed and ſod in red Wine, is good againſt Fluxes of blood, and lasks, and for piſſing blood, and for to ſtop the Courſes. The Juice of it ſtayes bleeding at the Noſe.

Wall Rue.

VVAll Rue is one ſort of Maiden-hair, and grows upon old damp Walls and Wells,

Wells, and is of temperate nature. Wall Rue sod in small Beer with Liccoris, is good to drink for pain in the Breast, ripeneth Flegm well, breaks the Stone, openeth the Liver and the Milt, and cureth blood-spitting.

Great Stone Crop.

SOme call it Wall-Pepper, it grows upon Thatcht-houses and Walls, Stone Crop is hot and dry, sharp, and biting: sod in Vinegar and streind, and drunk with Butter or Oyle, it makes a man Vomit strongly, and is good for a foul stomach, Jaundice, and Ague.

Chickweed.

CHickweed is hung about Birds Cages, and they eat it when they are sick, and it makes them sing the better. Chickweed is cold. If it be stampt and made in a Poultess with Bran, Butter, and Vinegar, it will do good being layd upon hot and hard Swellings, for it softneth and breaks them. The distilled Water of Chickweed is good to give inwardly to Children against the great heat and convulsion of the parts.

Fumitary.

FUmitary hath four-ſquare Stalks, and purple brown Flowers; it grows abundantly under wheat and Barley. Fumitary is hot and dry in the ſecond degree. If it be ſod in Whey and drunk, it purgeth the blood exceedingly, openeth, and drives away Melancholy; it is good againſt the Dropſie, Leproſie, and the Pocks, and againſt a Quartan Ague.

Mugwort.

THe Leaves are much cut, they are green, above, and Aſh-colourd under-neath. It grows abundantly by the Way-ſides, and there are two ſorts, Mugwort with the red Stalk, and Mugwort with the white.

Mugwort is hot and aſtringent: if it be ſod in Wine or Beer and drunk, it is good for Women that have hard Labour, and would fain be delivered. It provokes the Terms, is good for the Stone, and for the yellow Jaundice. Sod in Water it is good to waſh the Feet withall, and it is reported that if a Traveller carry this herb with him, he ſhall not ſoon grow weary.

Agrimony.

AGrimony hath long Ash-coloured hairy Leaves. The Stalk grows above a Foot gh, the Flowers are yellow, and grow one a-ove another upon the same Stalk, and spring oft in grassie Valleys. Agrimony is hot and y in the second degree: Agrimony sod and e Liquor drunk, is good for all inward riefs, and for pissing of Blood, drives out Ve-ome, openeth and cleanseth the Liver, cures ankers, Warts, Hareworms, and all foul Dis-ases, and also cures the bitings of mad Dogs.

Plantan.

PLantan hath great broad Leaves with seven Ribs, and there is another Plantan called ibwort, with five Ribs. Plantan grows every here almost in grassie Grounds. Plantan is old and dry in the second degree: Plantan sod nd drunk, is good against blood spitting, luxes, or pissing of blood, all Distillations and o stay Womens Courses. The Seed of Plantan od in new Milk, and the Milk drunk whilst it hot, is good for a Looseness. The distilled Vater is good to gargle for a sore Throat, and or a sore Mouth that bleeds. The Leaves are ood to lay upon hot Gouts, to soften and to raw forth the heat.

Hops

Hops.

HOps have round ſharp Stalks, whereby they clamber up upon Trees, or Poles, the Leaves are blackiſh green, with three Corners and the Flowers are round white Bells, that ſmell ſtrongly; they grow naturally wild, and are alſo planted in Gardens. Hops are hot and dry in the ſecond degree: the young Sprouts of Hops ſod and eaten for a Salade with Vinegar and Oyle, purgeth the blood, and makes one go to ſtool, cure Scurf and Scabs, open the ſtoppings of the Liver and Spleen, drives forth Gravel, and the Urine plentifully without pain.

Celandine.

THe ſtalks of Celandine are round and hairy with many Joynts, the Flowers are yellow and ſo are the Roots, the Seed is yellow, and biting exceedingly.

Celandine minced and baked with Eggs in Cakes, is good to eat for pain of the heart, and for the yellow Jaundice. The diſtilled Water of Celandine doth much quicken the Sight, and drives ſpots out of the Eyes if they be waſht with it: it cures alſo Wounds and Itch.

Fluellin

Fluellin.

FLuellin is a ſmall Herb that creeps along the ground with hairy ſtalks, and jagged hairy leaves, and grows in Sandy Valleys, and is alſo planted in Gardens.

Fluellin is hot and dry, ſod in Wine and the Vine drunk with a dram of Mithredate, is good againſt the Plague, if the party be warm covered and layd to ſweat. The diſtilled Water of Fluellin drunk cleanſeth the blood handſomely, cures Scabs and ſmall Pox, and is good for Conſumptions and pain of the Breaſt.

St. Johnſwort.

IN T. Johnſwort hath one round, brown, red ſtalk, with many Branches, the Leaves are ſmall and full of holes, the Flowers are yellow divided into five Leaves: It grows abundantly in high, graſſie, until'd Grounds, and is alſo planted in Gardens.

St. Johnſwort is hot and dry in the third degree; the diſtilled Water of it is good to drink againſt the Falling-ſickneſs. A Drink made of this herb and drunk, cures the third and fourth dayes Ague, cauſeth one to make Water well, cures the ſtone in the Bladder, and lameneſs. Oyle of Hypericon cures all old Wounds and Ulcers.

Eybright.

IT is a beautifull Plant with many ſtalks, the Leaves are darkiſh green, and jagged, the flowers are ſmall and white, be-ſprinkled with yellow and purple, the Root is ſmall. Eybright grows much in graſſie fields, and flowers about Hay-time, but it will not grow in Gardens.

Eybright is hot and dry. The diſtilled Water of this herb it good to waſh the Eyes with, to clear the ſight. Eybright Wine drunk ſtrengthens the Memory, and cures the yellow Jaundice.

Winter-green.

WInter-green hath nine or ten green round Leaves, and hath one ſtalk, upon which grow fair white Flowers that ſmell as *May* Flowers, and they grow abundantly in green Valleys.

Winter-green is a good Wound herb, and cures running and foul Ulcers, you may ſeeth it in Wine, and drink it, and alſo lay linnen Rags in it till they be wet, and apply them to Wounds and Fiſtula's and Burnings, and it will cure them by Gods help.

Hartſhorn.

Hartshorn.

HArtshorn is a small herb that spreads over the Ground, where men go much, and e Leaves are like to Harts Horns, and hath an are growing upon the stalk.

Hartshorn is cold and dry; this herb minced nall, and baked with an Egg in the Pan, and e Cakes eaten, are a principall remedy for a oosnes of the Belly, and against blood-pissing, e Gravel, and Distillations, and the too much undance of Womens Courses, and is all as e with Plantan: you may also dry it and ep it for Winter.

Wild Tansey.

WIld Tansey hath tender thin stalks, and the Leaves are small and jagged, h-coloured next the ground, and green a-ve, the Flowers are yellow.

Wild Tansey is dry and cold in the third de-ee; sod and drunk it stops loosnes, and omens Courses, scatters clotted blood, and Gagarisme with it is good for a soare Mouth, d it helps running Eyes if you wash them th it, and it cleanseth foul Wounds.

Three leaved Graſs.

THree leaved Graſs taſts exceeding bitte being dryed and ſod in Beer, and ſtreine and drunk with Honey, is good againſt t Scurvy, and Flegm in the Breaſt, and again ſpitting of blood, and for ſuch whoſe Live are naught: Sea-men that travell long Voy ges take this herb with them.

Wood Sorrel.

WOod Sorrel hath no ſtalks, the Leaves gro up from the Root, and are almoſt like three leaved Graſs.

Wood Sorrel is cold and dry; eaten wit Oyle and Vinegar for a Salade, it is good f an ill ſtomach, for it makes a man have a go Appetite: if it be ſod to gargle in the Mout it cures Soares and Ulcers in the Mouth a Throat.

Houndſtongue.

THe Leaves are ſmall and long, and t Flowers are browniſh purple, it gro plentifully in ſandy Grounds.

Houndſtongu

Houndſtongue is cold and dry; the Herb d Root alſo ſod in Water, is good to waſh e Mouth with, and to gargle when the Throat inflamed. It is a wholſome herb, and very fit cure Wounds, and to quench the Wild-fire, t be mingled with Barley-meal, and layd on a Cataplaſme.

To thoſe that ſerve

TABLES:

MY good Friends, God be your good ſpeed: You underſtand that Men ght to live a ſober, righteous, and godly e in this World, for that is pleaſing to lmighty God, and ſafe and profitable for ; wherfore the Wiſe men teach us in their ill of Phyſick, that there is hardly any ter Remedy to cure almoſt all Diſeaſes, and preſerve men in Health, than to be temrate in Meats, and Drinks, for we ſee daily fore our Eyes, that ſober and temperate en live a long time luſty and ſound; and the contrary, Gluttons that feed like vine, are continually puniſhed with ſick-

neſs and Diſeaſes: Wherfore that you may live in Health a long time, and all may ſucceed well with you, live in Sobriety; and alſo that you may have ſomething over to relieve poor men that are the Members of Chriſt, with Meat, Drink, and Cloaths, that you may receive a Bleſsing from God here and come hereafter to Immortality; which God of his Mercy beſtow upon us. Amen.

Here follows Kitchin *Phyſick.*

Milk.

Milk is good to eat for ſuch as are in Conſumptions, and alſo for young Children, for Milk nouriſheth well, and makes good blood. Moreover Sheeps-Milk with Roſe water and hard Sugar drunk warm, is good for a foul ſtomach, to make Flegm riſe, and to waſh ſoare Eyes with, to eaſe pain, and to take it away. Milk ſod to halfs, with a piece of Steel in it, is good to drink for the Looſneſs: New Milk

Milk ſod with Sage is good to gargle for the *Vvula* ſaln, and for a hot ſoare Throat.

Butter.

BUtter is a brave thing, for it ſoftneth and doth much good, and nouriſheth more then any Oyle: Butter eaten with Bread openeth and ſoftneth the inward parts, removes and takes away pain, and is good for a cold and dry husking Cold, eaſeth the Reins, and helps the Stone, and ſoftneth and healeth all things. To uſe outwardly or inwardly, *May* Butter is the beſt, and is ſold commonly by the Apothecaries.

Cheeſe.

OLd Cheeſe eaten, is a dry hearty Fare, and is good for ſuch that have very ſtrong ſtomachs, and work hard, and are ſound and in good health; but ſick and weak people muſt eat but little of it, for it is hard of digeſtion, the younger the Cheeſe is, the eaſier it is to digeſt; Cheeſe eat after Meals, ſhuts up the ſtomach, and keeps down the Meat, and is good againſt the riſing up thereof, and hinders diſtillations

Honey:

HOney is hot and dry; white Maiden Honey lickt up, or ſod in Beer, is good to uſe againſt a Cold, and a foul ſtomach, ripeneth Flegm, openeth, cauſeth Urine, is good againſt the Stone. Honey and Water is good to gargle for a ſoare Throat; Honey eaten nouriſheth well, and ſtrengthneth the Reins of old people, makes them luſty: and ſo is Mede that is made of Honey.

Fleſh:

OXE-fleſh dryed, or ſalted; and alſo Hogs-fleſh, likewiſe Hares, Conies, Ducks, Swans, ſod, or roaſted as they ſhould be, is hearty meat, for ſound people to eat, and for ſuch as have a good ſtomach; but young Chickens are better for ſick and weak Folk, ſo is Veal, or Lamb ſod, or roaſted, and after that, cut ſmall and ſtewd with Wine, Sugar, and Currance.

Fiſh:

LIkewiſe Sea-Fiſh, Stock-fiſh, Herrings, and ſuch hard Meat, is good hearty Food for luſty

lusty people, but not for those that are weak and feeble, for River Fish is best for them; as Pearches, or Pikes sod, or fryed, and Sawce made with Butter and Vinegar, and the Juyce of an Orange, Apples, or Lemmons, which is very wholsome Dyet.

Eggs:

FResh Eggs soft, is convenient Food for the sick, and the sound can eat them well enough. Eggs but luke-warm, nor half boiled, are good for people in Consumptions, and for pains in the stomach, they are easie of digestion, and nourish well, make good blood, especially when a man drinks a good draught of Wine after them.

Salt:

IT is a Proverb, *That Salt is better then Gold*, for one may live without Gold, but not without Salt.

Salt is hot and dry in the fourth degree: Salt workt with Oyle, or being small beaten and layd in Oyle, is good at all times to smear upon the Gout, and cures Scabs and Itch. Salt keeps Fish and Flesh from stinking, and from corruption.

Vinegar

Vinegar.

VInegar is cold and dry, and is uſed in many things. To make one Vomit, take Vinegar, Salt, and Oyle, and mingle them together, and drink it warm, and then thruſt your Finger down your Throat, or a Feather. In the Peſtilentiall time men uſe Marygold Vinegar, and Elder Flower Vinegar with ſome Treacle. Vinegar drunk with Sugar, or Honey, and ſix Grains of Pepper, is a good way to get a man a ſtomack.

Water.

VVAter is one of the four Elements, and is by nature cold and moiſt; Pond Waters that ſtinck are unwholſome to boyle Victuals with, but running Waters and Well-watert that are much ſtirred, and are clear, and have no ill taſt nor ſmell, are wholſome for uſe. Cold Water is good to drink againſt inward heats, and to waſh red running Eyes, and to lay a wet linnen Rag upon the Forehead, it is alſo good to waſh and to gargle in the Mouth, and to ſnuff up ſome of it out of the hand into the Noſtrils is good for the Head that is over-hot.

The

The Force and Operation of the new-found VEGETABLES.

Mechoacan.

MEchoacan is a Stranger, and the Root is brought to us from the Indies, and formerly men had not the knowledge of it, it is found out that this Root purgeth, the whiteſt is the beſt. It is much commended for the Dropſie: take a dram of the Root, and powder it ſmall, and put it into a Cup of French-wine, and drink it, for it is good for Dropſies and thich Bellies, give ſo much to an old man, and to a Child but half ſo much.

Sarſaparilla.

SArſaparilla is well know by thoſe that have underſtanding to cure the Pox, for Sarſa and Guaicum are very good to cleanſe the blood, and to cure Scabs and Itch, and running Soares, you may ſeeth them in ſmall Beer with ſome

ſome Raiſins, with the ſtalks and foulneſs taken from them. This Drink is good for all people that are pocky, or ſcabby, or mangy, or have running Ulcers: you may take of each a like quantity, or elſe uſe them ſeverally.

Tobacco.

THis Plant is brought commonly from the *Weſt-Indies* to us: It is uſed ſeverall ways, ſome lay a Leaf of it in ſteep in half a Pint of Wine all Night, and the next day they drink the Wine off, and this rids a great deal of flegm and foulneſs from the body. Others take it in a Pipe, by burning it to ſmoak, and ſometimes they will puff out the ſmoak by their Noſtrils; and men ſay, that this is good for many Diſeaſes, for this will draw forth a great quantity of watriſh humours and tough flegm, as dayly experience teacheth us.

To underſtand what is meant by degrees of Heat or Cold, &c.

YOU muſt underſtand it thus, As when men ſeeth Water, warm is the firſt degree, heat the ſecond degree, hotter yet, the third degree, and ſeething hot is the fourth degree. So again,

again, Pond-water is cold in the first degree, Well-water is cold in the second degree, Snow-water is cold in the third degree, and Ice is cold in the fourth degree.

Of going a Simpling.

TO go to gather Herbs, and to find out Simples; you must take the Flowers, Fruit, Seed, Roots, and Plants, of the season of them all, and use each of them according, as is convenient. About Lent, or before Summer men gather the Roots, as Elecampane Roots, Saxifrage, Eringo's, *&c.* You must wash them clean, and either preserve them, or hang them up to dry, and as for the Flowers, you must pull them when they are handsomly blown, and the Weather is fair, to make Conserves, or to candy them with Sugar; as Violets, Roses, *&c.* To distill Herbs you must gather them in *May*, as Mugwort, Balm, Plantan, for then are they ful of Sap, and the strength is in them. In Summer you must gather herbs to keep dry, to use in Winter when occasion is. In Harvest time Seeds are gathered, as wild Carrot Seed, Parsley Seed, Fennel Seed, and Roots also; as Marshmallow Roots, and these are layd up for use at such times as these things cannot be found elsewhere.

Loving

Loving Reader, with these I bid you farewell, and desire you to thank our Lord God, who hath vouchsafed unto us the use of his Creatures in this time of Grace, and lead your Life so that you may for ever live hereafter with the Maker of all these things; and pray for me, that have taken pains to further you herein.

The End.

Here

Here follows a Book of

RECEIPTS:

SHewing how with ſmall Coſt, and eaſie Remedies to be had; a man may cure all ſorts of Diſeaſes and Maladies, and this is uſefull and profitable for every man; but eſpecially for the Poor, and for ſuch who are willing to ſhew Mercy to them, and to heale and help miſerable and diſtreſſed Men.

THE

THE EPISTLE TO THE READER.

COurteous Reader, may you prosper in the name of God. Since that we are all Brothers and Sisters, sprung from Adam *and* Eve *our first Parents, and ought to help and do good to one another, for we are all miserable Creatures, and subject to all Infirmities and Diseases: It is requisite and necessary that in Brotherly love and naturall affection, each man should assist another that is in need or necessity, and when men are sick and diseased, others should stand by them and comfort them, not only with fair words, but with what they stand in need of. In consideration of this, I thought good to set forth this small Book of remedies for the common good, but*

but chiefly for the Poor and Needy, how they may with the least cost and charge procure such remedies as they want to cure them. And our Lord and Saviour Jesus Christ hath left us an Example, for he cured all sorts of Maladies and Diseases amongst the people, and he hath promised to reward the Works of Mercy, done in Charity, with everlasting life: Wherefore we must not be ashamed, nor think much to do all such Works as Christ hath commanded us, and for which we have his own Example, and which shall be so abundantly rewarded with temporall Blessings on Earth, and Eternall Joyes in Heaven.

TO CURE
Scald Heads.

TAke Clivers, ſeeth them in Water, and waſh the Head therewith, then take Birthwort, and Bay-berries, and powder them, and ſeeth them in freſh *May* Butter, with ſome Oyle of Olives, and ſome Vinegar, in a Pot unglaſed, then take Powder of Brimſtone, ſtir them all well together, and annoynt the Head with this Unguent. Or rub it over with new grownd Muſtard, and by Gods help it will be ſoon well.

To drive away Lice.

TAke Staveſacre, and powder it, mingle it with Oyle, and put ſome Quickſilver to it, and ſmeer this on, it driveth the Lice from the head, and from all parts of the Body, and cures all Scabs and Mange, and ſtayes Itching.

Alſo Staveſacre ſteept in Vinegar, and the Cloaths wet with it, makes the Lice to creep away.

To cure pain of the Head that comes of Cold.

SEeth Rosemary in Beer a quarter of an hour, then take the Rosemary out, and put in some Mace, Sugar, Butter, and a little Rye-meal, eat of this alwaies warm, and it will do much good. Also take Sage and Betony, lay them in Wine and drink it off. Or else the Conserve of Rosemary Flowers taken inwardly, or else of Betony, the quantity of a Chestnut with some powdred Cinamon and Nutmeg. Also set your Feet in Water where Chamomil and Salt are sod, and this draws pain from the head. Marjoram rubbed and smelt to, or else Majoram Water snust up into the Nose, out of the hollow of ones hand, takes off the pain. As there needs purging, the Party must take to Bed-wards one dram, or take in the Morning a dram of the Powder of Sena, with some warm butterd Beer and Sugar.

To cure the Palsey.

THey that have this Disease must use many Herbs, and Nutmegs also, and must take heed of cold and moisture, and not to sleep much in the day-time, they must keep their heads warm, and must rub their Heads and

Necks, and annoynt their Pulſes, Hands, and Feet with Spike Oyle, and Oyle of Foxes, and ſtrong Aqua vitæ, and a warm linnen Cloath muſt be kept about the Neck, and it muſt be annoynted with the ſaid Oyle. Alſo take Sage, Betony, Hyſop, and Roſemary of each a handfull, ſeeth them in ſmall Beer, untill a third part be waſted, ſtrein it, and mingle it with Honey, drink daily of it, and drink Lavender Water alſo, and mingle it with your Drink. Once a Week at Night after Super, take Head Pills to purge with. Alſo you ſhall cauſe ſneizſing with Marjoram in Powder, Muſtard and Ginger, all mingled with Honey and put into the Noſtrils. Alſo Treacle is good to uſe for this Diſeaſe.

To cure paine of the Head coming of Heat.

TAke Roſewater, and a little Roſe Vinegar, ſmell to it, and draw ſome of it up the Noſtrills, and the pain will ſoon leave you; alſo you may ſmell to Camfer. Alſo annoynt the place where the pain is, with Unguent of Roſes, and take Roſewater, Roſe Vinegar, and Roſe Oyle, and mingle them, and wet a linnen Cloath in them, and lay it double to the Forehead and bind it on, and as it dryeth wet it again.

Too

To purge take Diaprunis half an ounce with warm Bere, Butter, and Sugar.

For the Palsie of the Tongue.

WHen the Tongue is taken with the Palsie, the sick can hardly speak; in this case the Tongue must be rubbed with a little Treacle and some Lavender Water, and take some Powder of Nutmegs in the Mouth, mingled with Conserve of Roses, and to set Cupping-glasses to the Neck.

To cure the lightness of the Head, and to strengthen the Senses.

THey that have their Memory spoyled, shall drink Balm Wine, or Wine where *Carduus Benedictus* hath been steeped, for this strengthens the Memory much, and men must live merrily, driving from them all ill Fancies and melancholy thoughts.

Let them purge with Diacatholicon half an ounce, Senna in Powder one Scruple, mingled in Fumitary Water, and drunk hot in the morning. They must forbeare to eat hard Meats, and such as breed gross blood, as Salt, Flesh, Cheese, Milk, they must be temperate in Meats

and Drinks, and live cheerfully. They muſt waſh their Face, their Hands, and their Feet, and walk in pleaſant places, with good Company.

To cure the Swiming of the Head.

HE that hath the Vertigo, muſt not look upon things that wind and turn rounde about.

Let him take a Purge of Diaprunis and Diacatholicon, of each half an ounce, and drink it warm with Beer and Sugar. He ſhall Vomit alſo with Water and Oyle, and thruſt his Finger down his Throat after it. He ſhall cut a Beet Root, and thruſt it into his Noſtrils to purge the Head: after Meat let him take a piece of a preſerved Quince, or a Cruſt of Bread to ſhut up the ſtomach againſt the fumes that riſe to the Head.

To cure the Frenſie.

FRenſie is a madneſs of the Head, with a ſtrong Feaver coming from over heating of the blood.

In this caſe men muſt be purged with Diacatholicon and Diaprunis, each halfe an ounce, mingled

mingled with Barley Water. Alſo you muſt bind a double linnen Cloath over the Forehead, wet in Roſewater and Oyle of Roſes. At Night you muſt give him ſome thing to ſleep, as Syrup of Poppeys one ounce, to drink in warm Beer, and annoint his Noſtrils, the Temples of the Head, and the Pulſes with Oyle of Poppeys. All his Meat and Drink muſt be cooling.

Of the Night Mare.

THoſe that are troubled with this Infirmity, ſhall commit themſelves to Gods tuition, and eat ſoberly at Night, and ſhall uſe to ſleep upon their ſides, with their heads lying high.

Let them purge with Diaphœnicon and Diacatholicon, each half an ounce, and drink them with Fumitary and Betony Water, each two ounces. They muſt Vomit with Radiſh Water, Oyle, Vinegar, and Honey, thruſting the finger in the Throat to Vomit. They ſhall alſo let blood in the head Vein.

To cure the Falling-ſickneſs.

HE that is ſick of this Diſeaſe, ſhall ſleep moſt ſitting to hinder the riſing of Vapors to the head. Let him make him a Drink of

Hyſop, Sage, and Betony, each one handfull, ſod in a Pottle of Beer, with half an ounce of Anniſeed, Liccoriſh one ounce, Raiſins cleanſed half a quarter of a pound, ſtrain them, and drink this with Honey, half a quartern, Syrup of Hyſop one ounce, Vinegar two Spoonfuls.

Let him be purged with Diaphœnicon halff an Ounce. Agarick in Troches, half a dram, let him drink this in a draught of the foreſaid Drink. He muſt Kem his head againſt the hair, and he muſt often take one dram of Treacle in butterd Beer. Let him ſnieze with Nutmegs, Cloves and Pepper, of each a little beaten ſmal, and ſnifted up into the Noſtrils.

To cure the Apoplex.

IN this Diſeaſe a man muſt kem his head well, and rub his Neck, and ſtrike it downwards with Oyle of Spike. To ſnieze, he muſt take white Hellebour, Muſtard Seed, Pellitory of *Spain*, of each a little in Powder, this muſt be blown into the Noſtrils with a Quill. His Drink muſt be Sage and Roſemary, each one handfull boyled in Beer and ſtreined, this he muſt drink with Honey and Nutmeg. To Vomit, let him take Radiſhes and Figgs cut in pieces, and ſod in Water and ſtreined, then put in Honey, Oyle, and Vinegar, and you muſt help to cauſe Vomit with a Feather thruſt down his Throat, that is firſt dipt in Oyle.

To

To cure Catarrhs and Distillations of Rheum.

HE that is sick of this shall eat a very easie Supper, and feed on new Eggs, and avoid Vinegar and Smoak. He must make him a Drink of Barley and Liccoris, and being streined, he must mingle it with Honey of Roses. He shall purge with Head Pills one dram, Diacatholicon half an ounce, and mingled with a little Powder of Senna, and so drink it in warm Beer. Let him snieze with Marjoram, Gith, Nutmeg, of each one Scruple, powder these and sniff them up into the Nostrils. He must have a Bag upon his Head with Roses, Chamomil, Bay Leaves, of each one handfull, Nutmeg, and Cloves, of each one dram beaten all to powder.

To cure Deafness.

THe way to cure Deafness, is to take Betony, Hyssop, and Marjoram, of each one handfull, and to seeth them in small Beer, and to strein it, and drink it with Honey, and a spoonfull or two of Vinegar, and to drink of this for four or five daies. Also purge with Diaphænicon and Diacatholicon, of each halfe an

an ounce, drink this with a draught of warme Beer. Put Cotten into the Eare, wet in Oyle of bitter Almonds. Make a Gargariſme of Water with Muſtard, and a little Vinegar.

To ſtop bleeding of the Noſe.

YOU ſhall caſt cold Water upon his Face that bleeds, and let him Gargle cold Water in his Mouth. Take alſo Roſe Vinegar and wet a double linnen Cloath in it, and bind it upon the Patients Forehead, and lay it alſo upon his Neck.

To cure ſoare Eyes.

WHen the Eyes are red, and ſmart, and run, you muſt take the White of an Egg, and beat it all to white froath, then let it ſtand, and there will come cleer Water from it, mingle that Water with Womans Milk, and drop it often into the Eyes. Waſh the Eyes alſo with lukewarm ſmall Beer. For dimneſs of ſight, take Rue, ſmell to it and eat it, and alſo Eybright with your Meats. As the Eyes are thick and dark, drop in the Juice of Celandine, or take ſome Powder of Loaf Sugar, and waſh the Eyes therewith.

To

To cure a ſtinking Breath.

WAſh your Mouth with good old Wine, and if the Gums bleed, take a little Powder of Verdigreaſe and rub them therewith and waſh it off again with clean rain Water, but you muſt take heed that you ſwallow it not down.

For the Toothache.

FOR the Toothache, ſeeth Pillitary of *Spain*, and Hyſop in Vinegar, and waſh the Teeth with it. Or take a handfull of Barley, and half a quarter of Figgs cut in pieces, and a handfull of Mulberry Leaves, ſeeth them well together, and put a little Vinegar to it.

For a ſore Throat.

ANnoynt the Throat on the outſide with Oyle of Chamomil and ſweet Almonds, and bind a linnen Cloath over it; alſo make a Gargariſme of Chamomil Water, Plantan Water, and Syrup of Mulberies, or make a Gargariſme of Water, Honey and Vinegar boyled together.

For

For a Cough and pain of the Breast.

TAke Liccoris and ſcrape it, and beat it flat, two ounces, Annis and Fennel Seed halfe an ounce, Figgs eight or nine cut in pieces, ſeeth all theſe together in ſweet Wine, ſtrein it and mingle it with Honey or Sugar, and drink it all off.

Annoynt the Breaſt outwardly with Oyle of bitter Almonds, and let ſome Sugar Pellets often melt in your Mouth.

For an ill Stomach.

WOrmwood Wine is good to drink for an ill ſtomach, or to eat Pepper with Meat: alſo Wine Vinegar doth provoke the Appetite, and Capers are good eaten with Vinegar, or to drink a little ſtrong Water. They that are troubled with Vomiting, ſhall uſe *Spaniſh* Wine, and eat a piece of Marmalade of Quinces, and drink Wine of Pomgranates.

For Conſumptions.

SUch as are deep in Conſumptions, ſpit bloody Matter that ſtinks, wherefore take Barley

Barley, ſeeth it in Water untill it ſplit, then ſtrein it, and drink it with Sugar or Honey of Roſes, and this is good for ſuch as are in Conſumptions.

For an ill Liver.

HE whoſe Liver is ſick and ſtopt, muſt uſe Syrup of Wormwood, and for a hot Liver take Syrup of Violets, or of Roſes.

For the yellow Jaundice.

YOU muſt purge the Patient thus; Take the Flowers of Violets and Bugloſs, of each a good quantity, ſeeth them in Sheeps-Milk Whey, ſtrein it, and put in one ounce of Caſſia fiſtula, and let him drink it off. It is alſo excellent good to provoke Vomit after this manner; ſeeth Barley and Radiſhes together in Water. Strein them and put in Oyle, Vinegar, and Butter, and let him drink it lukewarm, then let him thruſt down his finger to provoke Vomit.

To cure the Wind Cholick.

THis is an intollerable paine that comes from Winds gathered and shut up in the Guts.

You must purge such Patients with half an ounce of Diaphænicon drunk in hot Beer with Butter and Sugar.

You may also seeth Chamomil in Wine, or Beer, and strein it and drink it with a little Annisеed. Take Annisеed, Fennel Seed, Lovage Seed, Cinnamon, of each a little, powder it, and eat thereof.

Oyle of Chamomil outwardly annoynted on the part where the pain lyeth, doth great good. Also Salt, Bran, and Chamomil, of each one handfull, made hot in a new Pan, and layd between two Clouts, and applyed to the pained place, will do the Deed by Gods help.

For Worms.

RAysins of the Sun eaten kills the Worms, and so doth Colewort Seed taken inwardly, so doth the Rasping of Hearts Horne drunk one dram: Oyle of Wormwood and of bitter Almonds annoynted upon the Stomach and Belly, kill the Worms.

For

For a Scouring.

SEeth new Milk to half, drink it off hot, and keep your self warm and quiet. Nutmeg in powder and baked in an Egg, is good against a Looſneſs.

To cure the Itch.

PUrge with Senna Leaves, boyled in Whey with a little Anniſeed, and Rayſins, and it muſt be drunk warm.

Make an Unguent alſo of Bay Berries and Birthwort powdred with ſome Brimſtone, and mingle theſe with the fat of ſmokie Bacon, with this Annoynt the Scabs and Itch, and in all the bendings of the Joynts.

To cure the Dropſie.

HE that is ſick of this Diſeaſe, muſt eat but little, and drink leſs, he muſt not long ſtand to work, nor ſleep by day, and he muſt avoid much moiſture. He muſt make him a powder to eat of Barley-bread. Take Cinnamon, Ginger, Broom Seed, Bay Berries, Anniſeed, Liccoris, all

all beaten ſmall, eat or drink this often with French Wine.

To cure the Stone.

TAke the Jaw-bones of Pikes, one dram in Powder, drink this in Wine, and annoynt the Loynes and Bladder with Oyle of Chamomil. Alſo take Anniſeed, Fenel Seed, Parſley, and Broom Seed, wild Carrot Seed, Smallage Seed, and Liccoris, all beat ſmall to Powder, eat of this with butterd Beer and Bread.

Cure for the Feaver and Peſtilence.

LET the Patient drink a dram of *Venice* Treacle, with Vinegar of Marigold Flowers, and he ſhall lye covered warm, and ſweat, this is alſo a good remedy for the Plague.

Againſt the Plague.

FIrſt when there comes any danger, and you fear that you have taken the Plague, make your Water preſently, and taſt if it be yet brackiſh

brackish in the middle, if it be, you are not infected, but if it taſt ſweetiſh, or hath no taſt, this is an ill ſign; wherefore preſently uſe theſe remedies following.

If you drink your own Water Morning and Evening, the middle part is the beſt, to keep a man free from the Plague, who is not yet infected with it.

Secondly, Keep in your Houſe the Oyle of Juniper, that is of an ineſtimable price, for this is ſo unſpeakably good againſt the Plague, that all that keep it and drink of it, are preſerved by it, though they go into houſes ſuſpected, and viſite the ſick. Such as go to viſit the Infected, ſhall take Mithredate that is right, and not falſified, in the Morning, ſo much as a Bean in quantity, with a little of the beſt and oldeſt Wine Vinegar diſtilled from Marygold Flowers, and when they go to the ſick, they ſhall rub a little Mithredate upon their own Noſtrils and Lips, and hold in their hands a Handkirchief wet with Vinegar: and thus by Gods aſſiſtance they ſhall be defended from danger.

Alſo Juniper Water drunk in the Morning, keeps a man well from corrupt Ayre, or as much Mithredate as a Bean taken in the Morning, with Juniper Water about a ſpoonfull.

A very strong Antidote in Pestilential times.

Venice Treacle and Mithredate mingled, of each a like quantity, used every Morning, so great as a Bean, and a little Wormwood Water drunk after, it will preserve a man, though he go from one Pesthouse to another where the Plague is.

And further to be safe from the said Disease: you shall every Morning burn in your house half a Quarter of an ounce of good Frankinsence, and do that in three or foure different places and Chambers of the house. Also let no man fast too long, nor go abroad too early in the Morning, especially in rainy, and lowring, and cloudy Weather; never go forth before the Sun be up, nor stay abroad till the Sun be down. Let no man work too hard, nor use much Venery, nor be over angry. Let men keep their houses well from corrupt Ayres and ill Vapours, by burning of Frankinsence Morning and Evening in them, and in the day time strewing and sprinkling of fresh Water, and upon the Flowers, casting all about Willow and Vine Leaves, if you can get them.

Heree

Here follows a good Drink to preserve a man from the Plague.

TAke Sage Leaves, Elder Leaves, and Broom Leaves, of each a like, seeth them in good cleer Rhenish Wine, wherein you must put Powder of Ginger, drink a good draught of this before you go abroad.

Also if you go into an infected house, have a Sponge in your hand dipt in Wine Vinegar, distilled from Marygold Flowers: or rub and wash your face in the Morning with a Clout dipt in Vinegar, and rub your Nostrils and Lips with upright Mithredate, and so commit your Soul and Body to the keeping of God Almighty, who is the great Physitian, and who only can preserve you.

Here is also an excellent Antidote against infectious Ayre.

TAke Poly and Rue, Elder Leaves, and red Mugwort, of these four, of each a good handfull, stamp them well in a Mortar, but take heed that no Lead be beaten in it, when the Herbs are stampt small, poure on a Pottle of good Wine Vinegar, stamp them a little together more, then strein them through a linnen

Cloath into a clean Glaſs, and drink every Morning half a Wine Pint.

Here follows a wonderfull rare Drink againſt the Plague, wherewith formerly more then foure thouſand people were preſerved in the City of Cullen.

So ſoon as you feel that you are infected, take preſently before you fall aſleep, Celandine with the Leaves and Flowers, and Rue, of each a good handfull, poure on a Pottle of the beſt Rheniſh Wine-vinegar, and ſeeth this to half with the Herbs, then ſtrein it through a Clout into a Glaſs, the Patient ſhall drink in all haſt a Pint of this, and ſit by a good fire of Oken Wood, that he may ſweat and keep himſelf from ſleeping.

Remedies againſt the ſame Diſeaſe.

But ſuppoſe it be Gods will to bring you under his Rod, and to viſit you with the Plague, you muſt not be dejected at it, nor quite caſt down; but think and truſt that our good God

God that puniſheth us, can heal us again.

Wherefore when you fear that you are infected, take a dram of burnt Salt, ſo long calcined upon a Fire-ſhovel, that it will crack no more, put this to a dram of *Venice* Treacle, put this into a ſpoonfull of River-water, and drink it cold, and it ſhall ſcatter the blood.

Would any perſwade you to let means alone, do not hearken to ſuch, but adviſe if you can with ſome skilfull Phyſitian.

But becauſe the foreſaid Drink is very ſtrong to take in, and far worſe to keep it in, ſo ſoon as it is down, hold it in as long as you can poſſible.

Alſo when you have drunk this Drink, or before you drink it, which you pleaſe, make an Iſſue.

When you have drunk it, and made your Iſſue, take heed you ſleep not, untill ſuch time as you ſee your Iſſue run and is fair.

Here is alſo joyned a certain Remedy, wherewith innumerable people have been preſerved.

TAke one ounce of *Venice* Treacle, halfe an ounce of good Mithridate, two drams of Electuary *De ovo*, *Species liberantis* one dram, Tormentil, Dittany, Bolearmeniac, of each one

Scruple; ſtamp the Roots and the Bole well, and mingle them together with the Juice of Lemmons, keep this ſafe, and uſe it at your need.

When you find your ſelf ill, take of the foreſaid Compoſition the weight of half a dram, and drink it in Wine or good Beer, and ſtay by a good fire of Oke to ſweat, after that go to Bed and cover you warm, do this again once in five or ſix hours, and by Gods Grace this ſhall preſerve you.

How to make an Iſſue ſuddenly.

TAke a Chyrurgeons Nippers, or ſome Inſtrument to lift up the Skin with, and cut that off with a pair of Sheers, as broad as a penny, lay upon the place black Hellebour Root, and a Colewort Leaf over it, the ribby ſide next to it, and bind it on.

If the Iſſue run not, then lay on the Plaſter, called the drawing Plaſter. Take black Hellebour Leaves ſtampt ſmall, a good quantity, put thereto black Soap four ounces, unſalted Butter ſix ounces, mingle theſe to a Plaſter, and uſe it as here followeth.

Take this foreſaid Plaſter, and ſpread it on a Colewort Leaſe on the Rib-ſide, and lay that upon the Iſſue, with the Root of black Hellebour under it, bind this on, and renew it twice a day untill ſuch time as the Fire or Core is

ſalu

ſaln forth, and after that uſe the beſt means to heal it up again.

To make an Iſſue without pain, in longer time.

TAke Crowfoot Leaves, rub them and bruiſe them with your hands, untill the Juice come forth, fill a Nutſhell ſo full with this bruiſed Herb, ſo faſt thruſt in, that it may touch your Skin when you lay it on. This ſhall make a Bliſter in twelve hours time. Cut off the top of that, and lay on black Hellebour, as you were ſhewed before.

As you dreſs the Iſſue, who ever he be that doth it, muſt bind a linnen Cloath before his Mouth, and the Patient muſt likewiſe have a Cloath bound before his Mouth and Noſtrills, that he may not ſmell it, for it is a foul ſtink, and very infectious. So ſoon as any of your Family is infected, it is requiſite that every one make an Iſſue, if there be danger, this will do good; if there be no danger, the Iſſue will do you no hurt.

To diſcern the Plague from a Boile.

Take notice that a Boile hath a white Head, or Puſh, and a Plague-ſoare hath a blew colour, that is broader at the top then at the bottome.

Another Experiment.

As there is no blew on the top of it, ſo take the young Sprigs of white Briony, Rue, Elder, and white Muſtard Seed, ſtamp all theſe together like a Salve, ſpread it upon a linnen cloath and lay it on the Swelling: If it be the Plague, it will be very blew on the top, then take off the Skin, and apply black Hellebour Root to the place, and the drawing Plaſter over it.

Another Experiment.

YOU muſt know and mark exactly, that upon the Temples, the Plague Soare is long, and hath a ſharp ſmall top, under the Cheek-bones it is almoſt of the ſame faſhion, but under the Arm-pits it is ſomething rounder, upon the Arms, Legs, and other parts, it is as round as a Boile. When you have a Plague Soare, and it is blew on the top, you muſt not make an Iſſue, but take a little Pot-aſhes, and ſome Weed-aſhes, and Spaniſh Soap, and a handfull of Sage, ſtamp all this to a Salve, and of this ſpread a ſmall Plaſter, as big as will cover the Swelling, and this will open the Soare, and the Coare ſhall fall out.

This foreſaid Salve is excellent, and is called burning Salve, but if you ſee no Carbuncle on the top, you muſt not uſe this Salve, but you ſhall make an Iſſue in a fit place to draw the fiery heat out.

To

To understand whether it goeth well with you, or not.

When you dress your Issue the third or ourth time, mark well whether it be red round bout, or not, if it be so, that is a good signe, nd the fire is drawn thither, but if the Issue ook white round about, this is a sign of death, hen use your drawing Plasters as soon as you an.

As the Plague-soare is in your Mouths, take great piece of black Soap, with two or three olewort Leaves mingled together, and apply his to the Neck, and it shall draw it forth.

Also if the Carbuncle were neer you heart, nd the fire will not follow the Issue, nor yet tir, take a young Chicken alive, and put the head of it in your Mouth, with the Beak of it next to your Throat, and it will draw forth the fire unto it self. But if you can get no Chickens, bind the Patients head all over with black Soap, and if the Patient cannot go to Stool, then seeth a quarter of Damask Pruins in Beer, and when they have sod awhile, put in two drams of Senna Leaves, let it seeth once more a little, let the Patient drink half a Glass of this, and he shall find ease.

Of

Of letting Blood.

LET no Children blood that are under fourteen years old, but when they are infected, give them upright *Venice* Treacle, with Sorrel Water, and lay upon the Soare *Venice* Treacle and Mustard Seed, and an houre after lay on Rue mingled with Wine-vinegar, and let them not sleep, untill you see things go well. Let them eat no Fruits of Trees, for they are then as bad as poyson, except Walnuts for those they may eat.

If the Issues cause the Patients Sinews to shrink, take Oyle of Earth-worms, and annoynt the parts well, before a good fire of Oken Wood, and this, God willing, shall mend it.

Remember to bury all foul infected Cloaths under Ground, and do not cast them into Privies.

Remedies for the Plague.

IN Pestilentiall times when the Plague spreads, bethink your selves, that God is angry with us for our sins, and doth Plague us for them, for our unbelief, and wicked Lives: wherefore I advise every man to forsake his sins, to amend his life, and to seek to be in that state

ate of Grace that he desireth to dye in; doing like good Pilots, who before they set forth, provide against storms, that when need is, they may be able to help themselves, for else they would be to seek in time of danger. To day for me; To Morrow for thee: against death there is no skill, each man must live, as dye he will; for what you see to day befall your Neighbours Friends or Servants, the same may happen to you the next day following: wherefore let me counsell you, repent and and amend your sinfull life, and call upon our Lord God for mercy, and make you ready with the five wise Virgins that you may go in with the Bride to everlasting Glory, for the foolish shall be shut out into everlasting damnation. To take heed in time, you must observe, that there are many burning Feavers in most places, in Pestilentiall times, many have Plague-soares, Children are much troubled with Worms, and men dye suddenly. For an Antidote, Take Walnuts, Rue, and Figs, of each a quantity, put a little Salt to them, eat of that a little, and drink now and then a spoonfull of Marygold, or good Wine-vinegar, and dip a Rag therein to smell to, and three or four times a day rub the Temples, and Pulses, and Nostrils with it. Also a piece of Bread and Butter, and a branch of Rue eaten is a good preservative by Gods help against the Plague: Children may take some Vinegar and Sugar, and that is also good for the Worms; let men use much soure things, for they are good in such times, also keep out

of

of the place where the Plague is, come not much in Company, and avoid all ſtinks and foule Corruption. He that is infected muſt pray to God for mercy, and do the beſt he can to recover his health: He ſhall take good ſtale Beer, and put a good peice of Butter into it, and ſett it upon the fire, and put in a dram of good *Venice* Treacle, and drink this warm off, and ſtrive to ſweat, as working, or walking in his Chamber, or coming to a great fire of Oken Wood, or covering himſelf very hot to ſweat, for this drives forth the Plague, but as he loves his life, he muſt not ſleep all that while, and he muſt bind under his Feet ſalt, Radiſhes, Crums of Rye bread, and Soap ſtampt together, and bind it on with Colewort Leaves, to draw the fire from the heart, he muſt take a ſtrong Purge, and take a Vomit, and bleed, and ſo ſoon as any Plague-ſoare appears, be it Boile or Puſh, he ſhall lay on Barley-meal ſod to Pap, with Figs cut in pieces, and a Lillie Root with the Leaves, a Cole-wort Leaf beaten ſmall, and a piece of Butter put to all: and thus he muſt wait for the bleſſing of Jeſus Chriſt. Alſo he may drink a good draught of *Carduus benedictus* Water, or of Marygold Vinegar, or ſwallow the Yelk of an Egg, with a dram of *Venice* Treacle, to ſweat, which is the beſt way to drive out the Plague.

Approved

Approved Remedy againſt the Palſie.

TAke a little Cup of good ſtrong Water, as much of Sage Water, as much of Hyſop, and as much of Lovage Water, a Pint of Lavender Water, put into theſe a handfull of green Lavender, Hyſop, green Sage, and Lovage Leaves, of each as much. But if it be in Winter, when no Lovage Leaves can be had, then take half a handfull of the Roots, and cut them ſmall; put all theſe into a new ſtone Pot, and ſtop it cloſe, and when you need poure forth a ſmall meaſure, and give the Patient a ſpoonfull at a time, and lay him againſt a fire of Oken Wood; and if it be in his head, then lay his head againſt the fire, and bathe it with the ſaid Liquor, but if it be but upon one ſide, then bathe that only all over, but if all the head be ill, then bathe all the head with the ſaid Liquor, from the top downwards hard, and ſo low as the Neck, and all along the Back-bone; but if one ſide be quite lame, then you muſt rub luſtily from the Crown of the Head to the Fingers-ends, and you muſt rub with this Liquor each Finger and each Toe by it ſelf, and all the Leg-bone and Arm, after this put the Patient to Bed, make him ſweat, and give him ſomething to eat. Alſo take three Piony Roots, and nine Grains of white Muſtard Seed powdred together, and give the Patient now and then a little in a ſpoonfull of the foreſaid Liquor

Liquor, and take Borrage-root and Elecam pane-root, and ſeeth them, and waſh the Mouth with the Decoction, and ſcrape the Tongue, and keep the Mouth clean.

Remedy for a Conſumption.

TAke a new Hen-egg, roaſt it untill it be lukewarm, then take the broad Mace unbeaten, and cut it in ſmall pieces, take as much Saffran beaten ſmall with Sugar-candy, as much as a ſmall Nut, mingle all theſe with the Egg, and eat all with a piece of White-bread, and drink three ſpoonfuls of the beſt Baſtart after it; this by Gods aſſiſtance ſhall cure and preſerve one if it be duly uſed.

To cure the Cramp.

THe Cramp is a Convulſion of the Sinews, and this comes with great pain, and ariſeth ordinarily from too much eating and drinking, from Idleneſs, or from Flegm. He that needs it muſt be let blood, and purge with halfe an ounce of Diaphænicon, drunk in a Cup of warm butterd Beer; you muſt with a warme hand, or Cloath rub the part, and the Head, Neck, Back-bone, and the Legs downwards: He may alſo take a dram of Treacle in Beer and Sugar,

Sugar, and annoynt the affected part with Oyle of *Peter*. To cure him, take Pepper powdred, and Nutmeg, and Marjoram, and let him draw it out of his hand into his Noſtrils. Conſerve of Roſemary Flowers alſo is very good.

To cure Vomiting of Blood.

BLood-ſpitting comes from great heat of blood, whereby ſome Veins break, or ſome Vein is broke by ſome other means. For this Diſeaſe, take Syrup of Quinces with Plantan Water, and eat ſometimes a little Marmalade of Quinces, and drink ſome red Wine after it, you may outwardly annoint the Breaſt with Oyle of Quinces.

To cure the Pleureſie.

THe Pleureſie is an Impoſtume by the ſhort Ribs, that cauſeth intollerable paine and pricking, as if it were with a Bodkin, ſo that a man can hardly take his Breath, having a burning Feaver and a dry Cough. The firſt thing is to be let blood, and to purge; Take a quarter of a pound of Pruns, bruiſe them, an ounce of French-barley, half an ounce of Liccoris ſcrapt, and beaten flat, ſeeth theſe well together in ſmal Beer, ſtrein it, put in half an ounce of Diaprunis, drink this off, and walk to make it work the better, annoynt the outſide where the pain is, with Oyle of Chamomil, and drink ſmall Beer mingled with Syrup of Liccoris, and pray unto Jeſus Chriſt who is the chief Phyſitian to make you whole.

To

To cure pain of the Heart.

PAin of the Heart comes of too great sorrow and care, and from much watching and feare, and working beyond a mans strength. To cure this, rub the Head and Neck downwards, and drink now and then a good draught of Wine, and eat a new Egg with Cinnamon, and use to sing with good godly people, drink a little Cinnamon Water, do but this, and all shall go well, if God please.

To cure a Cholerick Flux.

THis Cholerick Flux is, when a man is constrained to Vomit, and to Purge, proceeding most from the over-flowing of the Gall. He that hath this Disease shall annoynt his Stomach with Oyle of Mace, and of Quinces, and shall drink Wormwood Wine, and eat now and then a piece of a preserved Quince, and shall also use Syrup of Pomgranates, and shall keep himself warm, and weare a Stomacher of Fur.

To

To cure the pain of the Spleen.

THis Diſeaſe comes from groſs foul blood, and poyſonous Vapours, which ſwell the Spleen and make it great, the Gums grow black and hollow, and ſtinking. Take a Purge with Rayſins, and Pruins together, a quarter of a pound, let them ſeeth well, then put in half an ounce of Sena Leaves to ſteep in, it being hot, ſtrein all, ſweeten it with Sugar, and drink it off, eat good meat that is of eaſie digeſtion, and rub the Spleen with Unguent Dialthæa, with your warm hand.

To cure the Emrods.

THe Piles come from too great abundance of melancholy blood gathered in the Veins of the Fundament, and ſometimes they appear, and ſometimes they do not, ſometimes they bleed much, which is good if it laſt not too long, for nature ſeeks to help her ſelf. As the Piles bleed too much, and do not ſtop of themſelves, then ſeeth Sumach in Beer, and bathe the part therewith before a good fire. The Leaves of an Oke, and the Acorns ſod in the ſame manner, are very good for this purpoſe. But when they are painfull and come not to bleed, take Linſeed Oyle, the Yelk of an Egg, fine Meal, upon ſome Flax; Plantan Water with Syrup of Quinces, is good to drink againſt bleeding of the Emrods.

To cure Women that have their Courses stopt.

TAke a good Purge, Diacatholicon one ounce, drink it in warm Beer with Sugar; also boyl Mugwort in Beer, and mingle it with Syrup of Mugwort, drink it off, and make a Bath of Mugwort, Chamomil, and Featherfew, seeth them in water and wash your Feet therein, and keep your Body warm, and follow your Work.

To cure the too great abundance of Womens Courses.

LEt the Patient drink Syrup of Pomgranates with Plantan Water, and in all her drink put Syrup of Quinces, and drink now and then Almond-milk, or Sheeps-milk well boyled.

To cure the rising of the Mother.

THose that are thus affected, must use to lye high with their heads, and oft to rub their Heads, Neck, Pulses, and Legge downwards with their warm hands, or warm Cloaths that are course. After

After Meals they must eat a piece of toasted Bread, or Marmalade of Quinces, to hinder the rising, and must beware of eating windy things, as raw Fruit, or raw Milk, or small Beer that is not well sod, and shall now and then take a dram of Treacle in warm Beer, and God willing, they shall find help.

To cure the Gout.

THe Gout is a Disease that proceeds from Distillations falling down, and it causeth great pain and lameness where it falls. They that are troubled with the Gout, must beware they eat, or drink no fuming Meats, or Drinks, as Wine Vinegar, hot Spice: This Disease may be cured with a good Purge of Sugar of Roses, drunk with butterd Beer, annoynt the place pained with Oyle of Chamomil, seeth Chamomil in your drink with Liccoris, for this much abates all pain; keep your self warm..

To cure Impostumes.

IMpostumes come most from foul gross blood, which you may purge with *Confectio Hamech*, drunk with Fumitary Water, and mingle in your Drink Syrup of Fumitary, lay upon the Impostume a Poultess boyld with Barley-meal,

or Linseed, with five or six Figgs cut in pieces,, and a Lilly Root and Groundsell, seeth all im good Beer with a piece of Butter, lay that om untill it be ripe, you may or might drink good butterd Beer, with half a dram of Powder of Bay-berries, and also you may let blood.

To cure the small Pox in Children.

GIve the Children Figs to eat, and boyle Figs in their drink, cut in pieces, and let them eat Raysins, so shall the Pocks come forth and dry, and fall away.

To cure the Rose.

THe Rose comes upon a man with shaking cold; To cure it drink Barley Water with Syrup of Violets; where the Rose, or redness is, lay on a linnen Cloath, wet in Plantan, or Rose-water, and as much Wine-vinegar, and it shall be gone.

To cure a long lasting Ague.

TAke half a Nutmeg, and as much white Mustard Seed, powder them, and drink them off in a Glass of Wine, as the shaking begins to come, and lye down to sweat well covered, and if the first time cures it not, take it once again, purge, and then do no more.

Ta

To cure a quartern Ague.

THis Ague is hard to cure with any Remedies, and sometimes it lasts a whole year. Take the Flowers of Centory, and of *Carduus benedictus*, seeth them in Beer, and drink of this untill the Ague be gone, and cover your self warm to sweat, and doing thus the Ague will away.

To cure Wounds.

HE that is wounded, or cut, shall wash the Wound in his own Water, or with Wine, or with Vinegar and Water, and lay a Rag on outwardly dipt in this, and so it will not Impostumate; also apply Sugar and Oyle to it with a Rag, and bind it two or three times fast about, so shall it soon heal: or scrape Chalk into Vinegar, and bind that fast on with a linnen Cloath that the Wound bleed not, and it will heal of it self.

The end.

Here follow good Admonitions for the sick and weak persons, serving to teach, and to shew them how they may with Gods grace dye happily. This is necessary for all sorts of men.

Eccles. 7. *It is better to go to the house of mourning, then to the house of feasting, for that is the end of all men, and the Living will lay it to his heart.*

THE

EPISTLE

TO THE

READER:

COurteous and loving Friend; Since it is the Will and Ordinance of God, that all men must dye for their sins, be they what they will be, Rich or Poor, Young or Old, Noble or Base, no man can out-run, or bribe Death: We can do no better then to make a Vertue of necessity, and labour so to live that we may after this short and transitory life, live everlastingly with our Lord and Saviour Iesus Christ in joy and happiness; and this we shall attain to, if we can but dye happily, for if the end be good all is good. The best thing then which a men can do, is to be carefull to live well, that he may dye well, and this he must alwaies earnestly pray unto

unto God for: If men fail of this, then they live in all Gluttony and Drunkenneſs, and wickedneſs, never thinking what ſhall follow after, as though they ſhould live here for ever, not only troubling themſelves with temporall and tranſitory things, ſeldome remembring that they are mortall, but committing all uncleanneſs, ſo that many men dye like Beaſts, and ſnort in their ſins and unbelief, and ſo come at laſt to everlaſting deſtruction. God better it, and to help it what I can: I have written this following Treatiſe, to teach and to incite ſick people, and to ſhew them how to help themſelves at their laſt need, to Gods Glory and mans Good.

Good Iuſtructions for thoſe that are ſick.

A Sick man ought not to be impatient, and be troubled becauſe he is ſick, for he ought to give God thanks, being perſwaded that our Lord loves thoſe whom he chaſtneth and puniſheth with ſickneſs; and that thoſe whom he calls his Friends and Children, are by this means forced to go into the Bride-feaſt of everlaſting life. He muſt further think that this preſent life, and all that a man enjoyes in this world, is but lent for a ſhort time, and is not given, why then ſhould we murmure when God takes our lives again from us, which he hath lent unto us ſo long. Think alſo that we are but Pilgrims and ſtrangers in this world, and have here no continuing City, and we muſt know that death is the door and way we muſt paſs through to come to our Fathers houſe, and our own Country, to everlaſting life. We are in this life as in a Wilderneſs and vaſt Sea, full of trouble and miſery, but death brings us to the Haven of perpetuall reſt; And be we willing, or unwilling, dye we muſt: wherefore we cannot do better then willingly to yield up our ſelves into Gods hands, and ſay, Thy will

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be done O Lord; so shall we please God, and find rest to our selves. Also this is a great invitation for a sick man, to consider that all the men that went before him are dead, and so must all dye that come after him, and he that God sooneſt taketh out of this mortall life, is in best case, for here is nothing but misery to be endured, and should a man live to be very old, he is then a burthen to himself, a laughing-stock, and a Child, and is in other mens way. And this is a great encouragement for a Christian man, to believe that Jesus Christ died and suffered the bitter death of the Cross for us, and that he hath conquerd all our Enemies, the Devil, Death, and Hell, and to be perswaded that through his merit, we shall be made partakers of eternall glory and joy. And because this life is uncertain and death is certain, a sick man can do no better, then by all means to settle himself in the state of Grace, and to use all the best means he can to come to everlasting life. If therefore we desire to live long, let us seek for that life which lasts for ever in happiness, and where we shall never dye, for this life is so full of misery, that it may better be called death then life. If we did firmly believe what God hath promised unto us, for his dearly beloved Son Jesus Christ his sake; we should have a strong desire to the life to come, not regarding this present transitory life, nor the pains of death, in respect of the Glory of the next life, and we should long with St. *Paul* to be uncloathed of this life, that we might live for ever with

with Christ; Wherefore let God do what he pleaseth with our Bodies, for he is unspeakably wise and good, and our most loving Father, who turns all things to the best, and seeketh for nothing but the good of his Children, and happiness of our Soules. Natures debt must be paid, for it is appointed to all men once to die. The hard Shell of death must be crackt; to die willingly makes death the more easie, no man can escape free, to die is all our portion here, grief and unwillingness may hinder and do you hurt, but cannot help you. Wherefore be not displeased, nor murmure against Gods Ordinance, and think that God hath shewed you great favour to let you live so long, when so many men are dead before you, and multitudes come to unhappy ends, and are dead in their sins, and God hath sent this sickness to you but as a Messenger to prepare you to come home to him. Let the Lord alone, wait upon him, let him do his pleasure, so shall you find favour from God, and shall come after death into the heavenly Bride-chamber that Christ hath provided for you: and St. *Paul* saith, *That the troubles of this world are not to be reckoned of in comparison of the Joyes that shall be revealed.*

That

That men ought to be patieut in sickneſs.

A Chriſtian man muſt be patient when he is ſick, and think that after pain, ſhall come perpetuall joy. Chriſt himſelf would ſuffer before he entred into his Glory; and the Virgin *Mary* and the Apoſtles, and all Gods Children, are through many tribulations entred into happineſs that laſts for ever. Patience purgeth a man from his ſins, and therefore better it is to endure a ſhort time here, then to ſuffer for ever hereafter without any hopes of redemption. Wherefore St. *Auſtin*, and more holy Saints prayed thus, *Lord burn me, cut me, let me ſuffer here, give me patience, and do not let me ſuffer everlaſtingly.* Hath Chriſt who committed no ſin, and deſerved no puniſhment, ſuffered patiently ſo much for us, to enter into his Glory, and ſhall we ſuffer nothing to come to everlaſting happineſs? wherefore be content, and be of good comfort, and truſt in God that he will ſoon releaſe you of your pains, and bring you to joy eternally, and praiſe and magnifie the Lord God with *Job* in your tribulations; ſaying, *Have we received good from God, and ſhall we not receive evill? God gives, God takes, bleſſed be the name of the Lord.*

Comfort

Comfort for sick men, and to strengthen them in the Faith of Christ.

WHen a man is tempted to fall from his Faith, his best way is to pray unto God to confirm his faith, against all Assaults of the wicked Spirit, aud he must labour to remain in the true belief of the Catholick Church, against which the Gates of Hell shall never prevail. He that dieth in this faith is made partaker of all the Merites of Jesus Christ our Saviour, and of all Saints, for they are all fellow-Soldiers under one General and Captain, Christ Jesus. The Christian Faith is confirmed with the blood of holy Martyrs, and God hath suffered many Signs and Wonders to be performed by it. In this Faith our fore-Fathers died happily, and without Faith no man can be saved; for the Scripture saith, *That it is impossible without Faith to please God*; *And he that believes not is condemned*. No man can come to the depth of Faith, for it exceeds all mens understanding. It is good to believe, though we cannot comprehend, and in a saving Faith to live and die; and it is very good for a sick man often to read, or to say over the Articles of the holy Christian Faith, and to pray unto God for Grace to strengthen him in Faith, so long as he lives.

How

How that a sick man ought to mourn for his sins.

SInce that God and our sins are as contrary one to another, as Fire and Water are, no man can attain Gods Favour and Grace, but he must be sorrowfull for his sins which he hath committed, that he hath so shamefully oft times provoked God to Wrath and Indignation, by Lying, Deceiving, Pride, Gluttony, Treachery, and by despising of his Neighbour, For these and the like Offences, a man must be grieved from the bottome of his heart, he must repent and amend, and God the Lord will be mercifull unto him, and will not look upon a man according to his Works, but according to his Repentance and Desires. For were a man the greatest Sinner in the World, and shall repent from his heart for all his sins, and shall forsake them, and amend, God will never more remember his sins, but will pardon them all, and such a Sinner shall die a Saint, for God will look upon the Will for the Deed, and will pass by his wicked life that he lead before: none go to Hell but the Rebellious, and such as are obstinate against God.

A sick

A sick man ought to forgive his Enemies.

A sick man must consider that if he desire pardon of God, and forgiveness of his sins, so must he also forget and forgive what another man hath done against him; for God will forgive no man his sins, that will not forgive another man that hath offended him: for if you forgive men their Trespasses, so shall your Father which is in Heaven forgive you your Trespasses; for by the same measure a man meets, it shall be measured to him again: Wherefore we have it in the Lords Prayer, *Forgive us our Trespasses, as we forgive them that trespass against us.* We read in the Gospel, That the unmercifull Debtor who was freed from all his Debts, yet would not shew mercy to his fellow-servant, as mercy was shewed unto him, was cast into Prison, to whom the Lord spake thus; *Thou wicked Servant, I forgave thee all thy debt, oughtest then thou not to have mercy on thy fellow-servant as I had mercy on thee?*

Wherefore loving Friends, remove all malice out of your hearts, and pray to God for them that have done you Injury, as Christ himself did upon the Cross, praying for his Crucifiers, and St. *Steven* prayed for them that stoned him: But when you offend one the other be sorrowfull for it, and ask pardon, and then you have

have done your part, if you cannot make further satisfaction.

How the sick person ought to give Almes.

SInce that our Lord God is so wonderfully delighted with Alms-deed, and works of mercy, that he saith, *No man that gives but a Cup of cold water in his name, shall lose his reward*: and at the day of Judgment the merciſull shall be set on the right hand of Christ, and shall possess the Kingdome of God, and the unmerciful shall be set at the left hand; therefore every Christian to his power is bound to do some works of Charity, especially when he is sick, to make a way to Gods favour, and to endeavour to obtain Gods mercy, for Charity covereth a multitude of sins, and quencheth them as water doth fire: and this is the way to die happily, and to enter into joy, through Gods infinite goodness; and if God please to prolong a mans life, it shall be better for him that he hath done good to others. Therefore if you have much, give much, if you have but little, give as you are able, for God looks not upon your gifts, but upon your good heart, and if you have nothing to give, yet give some Spirituall Gift and Prayers, give good Instructions to your Family, and those that come to see you, warn them

to

to live peaceably and to stand firm in the Faith of Christ, and pray for your Governours, and Overseers, for this is the best sort of Almes, and believe that God will not leave this unrewarded, but will abundantly reward it in Heaven. Wherefore do good, and give Almes, and shew Mercy, and God will shew Mercy unto you, for what you give, or do for poor men, you give unto the Lord, *Luke* 12. and what you give, he will repay.

How the Sick must Pray.

BEing it is so, that our Lord and Saviour Jesus Christ hath so heartily taught us to come to him, and to seek after him in all need, sickness and trouble, promising to help us, saying, *Come unto me all that are weary and laden, and I shall refresh you*: A sick man cannot do better then to turn himself to the Fountain of Mercy, and pray devoutly unto God, with earnest Prayer for the forgiveness of his sins, and to be strengthned in the holy Christian Faith, and that he may safely and happily depart this life, and find a joyfull entrance into everlasting life. So we read of King *Ezekias*, who lying on his sick Bed, and praying unto God with Tears, hath by this means pacified Gods Anger, and obtaind favour to have his life prolonged: so the wicked King *Manasses* by Prayer and Repentance:

rance, had his sins forgiven him: how much then ought Christians to pray for Grace and Mercy, and they shall be heard for Christs sake. So our Saviour himself hath promised unto us, saying, *Ask and yee shall have, seek and you shall find, knock and it shall be opened unto you.* But we must still remember to pray unto God the Father in the name of our Lord Jesus Christ, for his Passion sake, and for all the meritorious Works that he performed for us, by his sacred blood, and holy Name, and death on the Cross that he endured, for by this means we shall be heard, and our Petitions shall be granted. For he sayth, *That whatsoever you pray unto the Father for, ask it in my Name, and you shall be heard.* If we want the gift of Prayer, then the best way is to repeat some short Prayer, as we are best able, saying, *O Jesus Son of* David *have mercy upon me: O blessed Jesus Son of the living God take pity upon me most miserable sinner, and punish me not in thy fury, and deal not with me according to my sins, but by thine infinite mercy look upon me. O Lord enter not into judgment with thy Servant:* And say often with St. *Stephen, Lord receive my Spirit,* or pray as Christ did on the Cross, *Father into thy hands I commend my Spirit.* Say the Lords Prayer, say also, *O blessed Lord Jesus Christ, wash all my sins in thy tears, and bath them in thy most deare and precious blood that thou shedst for my sake, for the forgiveness of them all.*

Say also frequently, *O Lord Jesus, by thy Almighty goodness, pardon me all my sins, and hide me now and in the houre of my departure in thy most Sacred*

Wounds that are open to receive penitent Sinners.

Cry with the Prophet *David*, *O Lord even as the Hart that is sore hunted thirsteth and longeth for the Fountains of Water, so longeth my Soul after thee O God. O Lord thou hast broken my Bands, wherefore I shall offer unto thee a Sacrifice of thanksgiving and I will call upon the Name of the Lord.*

These three following Prayers are very powerfull, and therefore a sick man shall repeat them often, or read them in his trouble.

O *My Lord and my God, I am the most miserable man that thou of thy Fatherly goodness hast created for thine own Glory.*

O *My Lord and my God, I am the most miserable sinner, for whom thou hast shed thy most precious blood upon the Cross.*

O *My Lord and my God, I am the most wicked man in the World, whom thou of thine unspeakable goodness hast elected to live with thee for ever.*

Here

Here follow Prayers concerning Christs Sufferings.

O *Dear Lord Jesus Christ*, I *thank thee for those unutterable Torments that thou induredst upon the Mount of Olives, when thou of thine infinite Pangs, and unspeakable Love didst sweat Water and Blood; I beseech thee O dear God, that for these great Sufferings, and sacred Prayers powered forth for us, thou wilt forgive me all my Offences, and bring me to everlasting life,* AMEN.

O *Dear Lord Jesus Christ*, I *thank thee for the Imprisonment and sore Scourging thou didst undergo for my sake, I beseech thee dear Lord for thy Merits sake to take pity on me poor sinfull man, now and in the hour of my death,* Amen.

I *Thank thee most dear Lord Jesus Christ, for that thou enduredst thy blessed Face to be wounded and spit upon, being falsly accused for my sake.*

I *beseech thee dear Lord for all the Sufferings that thou underwentst for me, that thou*

wilt look upon me, and my poor Soul with [illegible] *loving and mercifull Countenance, now* [illegible] *and at the instant of my departure out of this World*, Amen.

I *Thank thee, and glorifie and bless thy Al*[illegible] *mighty goodness O Lord, that thou didst suffer thy Kingly Head to be Crowned with Thorns for my sake, and O dear God for*[illegible] *give me that I have abused those Graces and Gifts thou hast bestowed upon me, and have mercy upon me at my last end*, Amen.

O *Dear Lord Jesus Christ, the eternal Wisdom of God the Father, praise and thanks be unto thee for ever, who wert falsly adjudged to death by* Pilat, *I beseech thee good God give a mercifull Sentence upon my Soul when I depart this life*, Amen.

M*Ost dear Lord Jesus Christ, the eter*[illegible] *nal Word of the Father, blessed be thy Name for ever, for all the Pains thou willingly underwent, when thou carriedst the heavy burthen of the Cross, I beg of thee to come and help me in the hard, dark, and un*[illegible] *known way that my Soul must pass when it shall depart from my Body*, Amen.

I *thank*

I Thank thy Majesty O Lord, for all the smart and pain thou endureast upon the Cross, for my sake, I pray thee that thou wilt offer unto God the Father, that great Mystery of thy Suffrings for all my sins, and that thou will be pleased to set thine undeserved punishment between the just Judgment of God and my sins, and my poor Soul in the hour of death, Amen.

I Thank thee, I glorifie and bless thee, O dear Lord Jesus Christ, that thou for three hours didst hang all naked upon the Cross, with thy Wounds bloody, and thy Hands and thy Feet nailed to the Tree in such a miserable condition, that Heaven and Earth were astonished at it. I *beg that for all these Sorrows and Miseries over-past for my sake, thou wilt grant unto me a happy passage out of this World, and a joyfull entrance into everlasting like; let me be received into the number of thy Chosen,*

Amen.

An Exhortation *to Prayer.*

FUrthermore forget not devoutly to repeat often the Prayers in the Gospel, cry out with the Publican, *Lord be mercifull unto me a sinner*; and be constant calling out with the Canonitish Woman, *O Son of* David *be mercifull unto me, O Lord help me and assist me in this time of need.*

Also when a man is sick and knows not how to pray, but if desirous to pray, let him know that his sickness and misery is prevalent with God for him, and therefore he shall do well to desire others to pray for him, and to further him in his Devotions.

If a man in his sickness rely on the Sufferings of Christ, he is thereby made partaker of them, and if he continue in the true Catholick Faith, and Communion of Saints, he is partaker of all the good Deeds and Prayers that other Christians offer unto God for him.

And if a man would weep for his sins and cannot, the Tears that Christ shed for him, being presented unto God the Father will prevail, and when a sick man is not able to kneel, remember and truly believe that Christ did humble himself, and fall flat upon his Face to pray for you, and what you cannot do, shall be accepted as performed by you, because Christ hath satisfied, and performed all for you.

How that a sick man ought to have some devout Person to assist him.

IT is very good and commendable that one who is sick send for some devout person, and one that fears God, to keep him company, that so the sick person may be admonished, instructed, encouraged, and strengthened by him at the time of his need, that he may be directed concerning the true Catholick Faith, and what is then most necessary for his Salvation. That he may be warned to consent to no Temptation, but that he rely constantly on the endless mercy and goodness of God. He shall do well to read in the hearing of the sick person, good Prayers, and godly Books, to repeat the Lords Prayer, the Creed, and the ten Commandments, which comprehend the summe of what we are to pray for, what we ought to believe, and what God requires of us to do, and let all good people pray with and for the sick, that he may be safely delivered from this body of corruption, or restored to his former Health. Yet alwaies so much discretion must be used, that the sick party be not kept from his rest, or distracted by the importunate zeal of such as are about him.

When the Soul of the sick Person is departing from the Body.

WHen we find that the sick man is so ill, that the Soul is ready to depart and to leave the Body, then ought such as are present to pray the more fervently and heartily for him that is now dying, and say also,

O deare Christian Soule, leave this miserable World,
In the Name of God the Father who created you,
In the Name of God the Son that redeemed you.
In the Name of God the Holy-ghost who Sanctified you, Amen.

O Lord Jesus Christ, who hath redeemed us with thy precious blood, make this thy Servants Soule partaker of thy holy Incarnation, Passion, Resurrection, and Ascention into Heaven, and grant that he may appear in thy presence with joy amongst all the holy Saints that have been since the World began,
Amen.

That

That men ought not to feare death overmuch.

MOreover, though death be very bitter and terrible, yet a Christian ought to be comforted, and to believe that death is not now so terrible as it was wont to be, for Jesus Christ by his bitter death hath over-come death and conquered it, so that now death in Scripture is called but a Sleep, for the Bodies of those that are departed sleep for a time in the Earth, but they shall shortly rise gloriously, and shall for ever live in Heaven in Felicity with Jesus Christ, so many as die in him, and we shall one day meet our Friends again that have lived here upon the Earth with us; For as Jesus Christ the head of the Church, died and was buried, and rose again the third day from death to a new & immortall life, so all the Bodies of men that sleep in Christ, shal rise again at the last day to a new life, and shall reign everlastingly with him in Joy and Felicity, which is unspeakable and incomprehensible, which Eye hath not seen, nor Ear heard, neither can it enter into the heart of man, the Joyes which God hath prepared for them that love him.

Matth. XII. *The righteous shall shine as the Sun in the Kingdome of my Father.*

John

John V. *Verily I say unto you, he that heares my Word, and believes on him that sent me, hath eternal life, and shall not come into condemnation, but shall pass from death to life.*

John VI. *This is the will of my Father that sent me, that all who believe in the Son shall have everlasting life, and I will raise them up at the last day.*

John VIII. *Verily verily I say unto you, he that keepeth my Word shall never see death.*

For as such as sleep in Christ Jesus shall rise againe, as Corne doth that is sowed in the Ground, and lyeth and rots there, and afterwards comes up fresh and green, so shall our corrupt Bodies come forth of the Earth againe, not corruptible and weak as now they are, but lusty and strong, and that shall never die any more. For God is Almighty, who made us all of nothing, and he shall make us all rise again, as he raised *Lazarus* from death, who was dead and buried four daies, for Christ is the Resurrection and life, and all that believe in him shall live though they were dead.

To believe the Resurrection of the Body is a great comfort, for so that holy man *Job* in his greatest Afflictions did comfort himself with the hopes of his Resurrection: For when he had lost all his Substance, his Houses were burnt with Fire from Heaven, and his Camels, Oxen, and Sheep were all taken from him, and his body was full of Sores and Ulcers, that he sate upon

upon the Dunghill with a Potsheard to scrape his flesh, then did this most comfort his heart, namely, the rising of the dead, as he saith, *Job* 19.

I know that my Redeemer liveth, and I shall rise out of the Earth at the last day, and I shall be cloathed again with my Skin, and in my flesh shall I see God, whom I my self shall see, and my Eyes shall behold him, I my self, and no other man for me.

This Sentence lay I up in my heart, and I desire that it were ingraven in a Rock of Stone, or a Plate of Iron. If then holy *Job* rejoyced so much for the rising of the dead, how should Christians rejoyce, who are more assured of the Resurrection, because our Lord Christ is now risen for us, who is our Head, and those that are his Members shall be sure to rise also.

St. *Paul*, 1 *Thes.* 4. comforts us thus, *Brethren I would have you understand concerning those that are asleep, that you sorrow not as others that have no hope, for if we believe that Christ is dead, and risen again, so shall God bring those with him that are asleep in Jesus, therefore comfort one the other with these words.*

Again, he saith, 2 *Cor.* 5. *Brethren we know that if this Earthly Tabernacle be dissolved, we have a new Building not made with hands, eternal in the Heavens.*

Against a troubled Conscience.

SOme man will say unto me, I could be well content to die, to live with God for ever, but my

my Conscience is not quiet, I have not lived as I ought to have done, and therefore I am affraid to die. Let this man know, that no man can be saved by his own Merits, but by the Merits of Jesus Christ, and for his Sufferings he hath under-gone for us; And so great is the Meritorious Life and Death of Christ, that one drop of his blood is of more value, then all the sins of men can be reckoned at, if they be set in opposition with it. Wherefore a sinfull man ought in his sickness to comfort himself thus; Wherefore should I be dismaid, the Lord Jesus hath not only shed one small drop of his blood for me, which were enough to satisfie for the sins of the whole World, but he shed forth all his blood for us, the Son of God hath fulfilled all Gods Commandments for us, wherefore should I fear, he is the Lamb of God that takes away the sins of the World.

John 3. *So God loved the World, that he gave his only begotten Son for it, that all that trust in him should not perish, but have everlasting life.*

Matth 11. Christ calls to all men that are *weary and heavy laden to come to him, and he will refresh them*; he wisheth no man to stay from him that desires Grace and Mercy from him.

Wherefore let no man despair, though he had committed all the sins of the World, for Gods Mercy is greater then any mans sins: yet no man must therefore presume to sin, but when he stands in need at the time of his death, let him call to mind what *Ezekiel* saith, *At what time a Sinner repents of his sins, God will put his sins*

out

out of his remembrance. St. *Hierom* saith, That *Judas* sinned more by despairing and hanging of himself, then he did in betraying of Christ; Also what a great comfort may a man find in the Gospel of the prodigall Son, who had unprofitably spent and wasted all his Substance, and was brought to great poverty, but he no sooner confesseth his Fault, but his Father received him into Grace and Mercy.

1 John, *If any man sin, we have an Advocate with the Father Jesus Christ the righteous, and he is the propitiation for our sins, and not for ours alone, but also for the sins of the whole World.*

St. *Bernard* saith, We cannot but hope, when we observe what Christ did upon the Cross for us; He held his Head downwards to heare us, his Mouth to kiss us, his Armes stretched forth to embrace us, his Hands that were pierced through, open, to give unto us, his Side was open to receive and hide us, wherefore no man must despaire, but must take notice of Gods goodness in sundry examples: In St. *Peter* forsaking Christ, in St. *Paul* making havock of the Church, in St. *Matthew* a Publican, in *Zacheus* chief of the Publicans, in *Mary Magdalene* an open sinner, in the Woman taken in Adultery, in the Thief Crucified on Christs right hand; all these found mercy from God, wherefore trust in God, and he shall give you freely everlasting life.

TO

To the good and Courteous

READERS,

A BRIEF

INSTRUCTION.

GOod Friends, God send you all prosperity, that by Gods mercy you may live in good Health. It is not amiss, but very good for a man now and then to purge his Blood, and this is done in Summer, when the Weather is hot, by Sweating, which may be procured by walking untill a man do sweat, and in Winter by the purging of the cold North-east Winds that cleanse the blood, as they penetrate into a mans Body when he goes abroad, and it is not improper now and then to wash a mans Feet in Water where Mugwort and Chamomil are sod, and a little Sorrel with them, and to drink now and then a draught of good Fountain Water cold, for that mightily refresheth a man, wash your hands often, and your Head but seldome: for the rest, commit and commend the care of your Soul and Body unto God, and pray frequently to him that

you

you may have his Grace to live in his fear, and to die in his Favour, and this we shall better do, if we often set before us the thought of the day of our death, and of the last Judgment, and thereby endeavour that we may so bring this short life about in Vertue and godly living, living as mortall men, and doing Works of Immortality. A Christian man is bound to live so as to injure no man, but to do to others as he would that others should do to him, being severe to judge himself for all his misdoings, being loving and mercifull to others, and fervent in the love of God, alwaies submitting his will to the will of God, and then it cannot succeed amiss with him.

Moreover, whersoever we go we must observe and wonder at the Works of God, and praise him for them. When we see the Sun shine so bright, we must remember that there is a God, that rules and governs all according to his good pleasure, who never lets any good Deeds go unrewarded, nor evil Actions unpunished, not presently, but in his good time. He sends Summer and Winter, and thereby we may remember that there is both Heaven and Hell, to comfort the good, and to punish the bad, You must not forget what St. *Paul* saith, *That all they who will live godly in Christ Jesus shall suffer Afflictions in this world*; both from the Devil our chief Enemy, and from the World, and from the Flesh: Wherefore we must manfully resist the Devil, and conquer him by the Sufferings of Christ, thinking and meditating of his life

life and death, we must conquer the World by avoiding of ill Company, that live in wickedness, and we must converse with good men; we must conquer the flesh by Sobriety, and watchfulness over our selves. But we must use discretion that we be not deceived, and we must constantly pray unto our Lord God for his Grace, that he will grant us the Victory over all our Enemies, and give us hearts to be alwaies mindfull of the Works of Mercy, that with the good Samaritane our Redeemer Jesus Christ, we pass by no mans miseries unregarded, if we can do nothing, yet let us pray, and wish well to them, that we may be rich in the Works of mercy, having nothing yet possessing all things, being poor, yet making many rich; let us imitate our God, and do good to our Enemies and such as hurt us, pray for them that curse us, love those that hate us, being at peace with all the World, so shall God bless us with a peaceable and godly life, and we shall die with quiet Consciences, and after death come to eternall life, to live with Jesus Christ our Lord, to whom with the Father and the Holy-Ghost, be ascribed all Honour and Glory both now and for ever, *Amen.*

Remedies

Remedies and Medicaments that serve to Cure severall Sicknesses and Diseases.

For pains of the Head.

IT is a common Rule to cure pain of the Head, to live soberly in eating and drinking to be quiet from passions, and to sleep much, and to bind under the Soles of the Feet, warme white Bread.

For pain of the Head coming of heat.

GArgle in your Mouth some cold Fountain Water with a little Vinegar; it is held to be good for hot paines of the head. Or take Rosewater, and a little Rose-vinegar, and snuf up into your Nostrils, and put some on your Handkerchise, and smel to it, this shall ease and cure the pain. Camfer smelled to will do the like; also annoynt your Forehead with Unguent of Roses, and bind a Clout about it, so shall you soon find help, God willing.

For cold pain of the Head.

BEet Roots cut and put into the Nostrils cleanseth the Brain, and so doth the Juice

of Coleworts snuft up into the Nose. Take Pepper and chew it with Raysins, this draws forth much filth.

To make one to sleep.

EAt Lettice in Salade, and that will make a man sleep well. Also Pap made of Rye-meal eaten doth the like.

To strengthen the Memory.

BUgloss stampt, and Wine poured upon it, and this usually drunk makes a good Memory: so doth Chicken Broath, the Bread being steeped in it and eaten. Also Balme layd in Wine drunk, strengthens the Memory, cheers the Heart, and makes a man sleep well.

To purge the Head.

THe juice of Pimpernel snuft up into the Nostrils makes one snieze, and purgeth the head of much foul matter. So Marjoram in Powder snuffed into the Nose cleanseth and warmeth the head. Mustard chewd in the Mouth purgeth the Brain, and draws from the head much tough flegm.

For

For heat of the Eyes.

TAke Rain Water and ſeeth it with white Bread, this Water cools and eaſeth the pain if you waſh your Eyes with it; Roſewater will do the ſame.

For dark Sight.

WAſh your Eyes with Fennel Water, and it cleers the Sight, ſo doth Water of Eybright.

For ſpots in the Eyes.

ALlum boyld in Water to waſh the Eyes takes away the Spots. Alſo take the juice of Celandine, and ſeeth it with Honey and skim it clear, this put into the Eyes takes away the thick Skin of the Eyes, and you muſt waſh afterwards with Womans Milk to take away the pain.

To cure the Phrenſie.

PUrge the Patient well with Diaprunis, and bind over his Forehead a little Roſewater, Roſe-vinegar, and the White of an Egg, and rub the hollow of his Hands and Feet with Salt and Vinegar, and let him drink Butter-Milk ſod with Sorrel.

To make him sleep.

Give the Sick Beer and Bread, and sweeten it with an ounce of Syrup of Poppies, and bath his Feet in Water wherein are sod Willow Leaves, Vine Leaves, and two or three Poppey-heads, wash his Feet, and Hands, and Forehead with it, and the Temples of his head, and keep him quiet in a dark Room.

For an ill Memory.

A Samin is forgetfull, and hath alwaies a snotty Nose, let him every Morning eat Candid Ginger, and oft-times gargle Mustard in his Mouth.

Against Melancholy.

THe Patient must commonly drink a good draught of Wine, with some Pimpernel Water, or Bugloss Water put to it, or lay Pimpernel Leaves in Wine, this will rejoyce the heart. He must keep merry Company, live merrily, and purge with Senna Leaves, and so God willing all shall do well.

For the Falling-sickness.

TAke Roots of Pellitory of *Spain* in Powder, and mingle them with Honey, and use this 14 daies together, and this will cure the Falling-sickness; but you must use to snieze also, and to rub your head downwards. Powder of Hartshorn taken inwardly, is good for the same and it is helpfull to smell unto Thyme.

For

To cure the Apoplex.

WIne of Caſtoreum cures this Diſeaſe, and a man muſt rub all the body downwards and uſe to Vomit with Oyle, and this if God pleaſe ſhall help the ſick.

To cure Lameneſs.

TReacle taken inwardly with good Mede is approved for this Diſeaſe, let the ſick uſe to Snieze and Vomit, and rub the lame Limbs.

Things good for the Hearing.

OYle of bitter Almonds, with Cotten put into the Ears, cures Deafneſs, kills the Worms, and hinders the Noiſe and ſinging of the Ears.

For the Toothache.

MUlberry Leaves ſod in Rain Water, and a little Vinegar put thereto, cureth the Toothach if you gargle it in your Mouth.

To cure the falling of the Vvula.

TAke Vinegar, warm it, and gargle it in your Mouth, or ſeeth new Milk with Sage, and gargle that, and it ſhall help you.

To cure the Pleureſie.

TAke half a Spoonfull of Oyle of ſweet Almonds new drawn, and drink it with Malmſey, and the Pain will leave you.

For a Cough.

TAke Hyſop one handfull, Figs half a quarter of a pound, cut them in pieces, ſeeth all in ſmall Beer, drink of this, it will help the Cough, preſerved Ginger is good for this alſo, and ſo is juice of Liccoris.

For a hot Liver.

DRink in your Beer Syrup of Violets, and annoynt outwardly with Unguent of Roſes.

To cure Fainting of the Heart.

USe to eat preſerved Ginger, or drink Water that Cinnamon is ſod in, and ſtreind, mingle it with Wine, and it ſtrengthneth a faint Heart.

For an ill Stomach.

DRink Wormwood Wine, or Wine wherein Galinga cut in great peices is ſteept, for this gets a man a Stomach.

To cure the Dropſie.

EAt every day one or two Bay-berries, and drink a good draught of French-wine after that

that, and it will help you. Also old Reniſh Wine drunk with Oyle of Olives warm, with Powder for the Dropſie, is very good.

To cure the yellow Jaundice.

PUt Celandine into your Drink, and drink off that, it is good for the yellow Jaundice, Rheubarb and Saffran are good for the ſame.

For Worms.

WOrmſeed, or Conſerve of Wormwood, Tanſey Seed, or bitter Almonds eaten are good for it alſo, and the Oyle of it annoynted upon the Belly, or Centory ſod in Beer, and the Beer drunk, this ſerves well to cure Worms, and Rayſins of the Sun are good for Children.

To cure the Wind Cholick.

BOyl Chamomil in Wine, & ſtrein and drink it, this cures the Cholick, Anniſeed is good for it, and lay a Bag warm with Salt upon the place grieved, and it will remove it.

To cure the Itch.

TAke Butter and Soape, and annoynt the Scabs over with it, and waſh all off with warm Rain-water, and annoynt it with Oyle of Walnuts, Birthwort, Bay-berries, Allum,

Vinegar, Pepper, Brimstone tod with old Butter, are good Remedies being stirred together and rubbed over the place that is scabby.

For the Plague.

BEfore you go abroad wash your Mouth with Water and Vinegar, and wet your Hankerchif in it, and strike some of it upon your Nostrils, and upon your Temples, and smell to your Handkerchif. Also take half a Glass of good Marygold Flower Vinegar, and the Yelk of a new-laid Egg, and a dram of Treacle to make you sweat. This is a good means against the Plague by Gods assistance.

For the Stone.

MElt Cherry-tree Gum in Wine, and drink it with Oyle of sweet Almonds, or take water of Pellitory of the Wall with a little Syrup of Hyssop, this is good for the Gravel.

To cure an Ague.

SEeth *Carduus benedictus* in small Beer, and drink of it, or else drink distilled Water of Carduus. Centory is good, used as the former; Or take a Glass of Marygold Flower Vinegar, put some *Venice* Treacle to it, make it lukewarm, and drink it off before the Ague comes.

FINIS.